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The Quincy Sun



Historic Quincy's Hometown Weekly Newspaper Since 1968

VOL. 54 No. 21

Thursday, February 10, 2022

\$1.50

Chills & Thrills at HN Polar Plunge



FIFTY BRAVE SOULS took the plunge in icy water at the Public Landing Saturday at the sixth annual Houghs Neck Polar Plunge including Ryan Herlihy and his son Ryan, Jr. who enjoys the cold water and a lift from dad. The event raised \$1,800 for the Atherton Hough School PTO. Organizers said this was one of the biggest and most attended plunges. The event was cancelled last year due to COVID so this was the sixth plunge in seven years. Story, more photos on Page 6.

Quincy Sun Photo/Robert Bosworth

Six Councillors Seek Residential Tax Exemption

- Proposal Could Save Average Homeowner \$500 Annually
- Andronico, DiBona, Liang, McCarthy, Mahoney, Palmucci Introduce Ordinance

By SCOTT JACKSON

Six city councillors on Monday proposed giving Quincy residents who own and reside in their own homes a break on property taxes – a proposal that could save the average homeowner more than \$500 annually.

Councillors Brian Palmucci, Noel DiBona, Nina Liang, Anne Mahoney, David McCarthy and Anthony Andronico on Monday evening introduced an ordinance to adopt the portion of state law authorizing the residential property tax exemption. The item was referred to the council's three committees of the whole –

finance, ordinance and oversight – for consideration at a future date.

If approved, the legislation would grant those who own and occupy their homes in the city a property tax exemption of up to 35 percent of the average assessed value for class one residential properties. That would equal a savings of \$500 to \$800 per year for the average homeowner, Palmucci said Monday.

Palmucci and Liang had introduced similar ordinances to bring the residential property tax exemption to Quincy in each of the last

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\$1.5M Sought For Squantum School Feasibility Study

By SCOTT JACKSON

Mayor Thomas Koch on Monday asked the City Council to borrow \$1.5 million to begin the next step in the process to replace the Squantum Elementary

School.

The request to borrow that \$1.5 million for the next step in the process, a feasibility study, was referred to the council's finance committee. The committee is

slated to meet on March 7.

The city is working with the Massachusetts School Building Authority to replace the Squantum Elementary School on Huckins Avenue, which first opened

its doors to students in 1919. The feasibility study represents the third step in that process – the project was accepted into the MSBA's capital project pipeline last April and the city has since

proved it has the ability to fund and manage a major school project.

As part of the feasibility study, the MSBA will determine whether the Squantum Elementary School should

be rebuilt in its entirety or whether the existing building can be renovated or expanded. The city intends to replace the school with a new facility constructed

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New Veterans Services Director: 'I Love What I Do'

By SCOTT JACKSON

Five years ago, Christine Cugini participated in a Wreaths Across America event at Arlington National Cemetery outside Washington, D.C. Cugini, recently named the city of Quincy's veterans services director, said that experience is what inspired her to find ways to help out her fellow veterans.

Mayor Thomas Koch appointed Cugini to lead the



CHRISTINE CUGINI

Department of Veterans Services on Jan. 18, making the Navy veteran the first woman to helm the department. Cugini joined the city's Veterans Services Department as an administrator in March 2020.

She succeeds George Nicholson, who retired as the director of the department in January after leading it for the past eight years.

Cugini served eight years in the Navy – four years on active duty and four years in the reserves. She served aboard the USS Yellowstone, a destroyer tender, during Operation Desert Shield and Operation Desert Storm in 1990 and 1991. Cugini later worked as an administrator at several Boston hospitals, including Tufts and Massachusetts

General Hospital.

During a recent interview, Cugini said her experience at Arlington National Cemetery on Wreaths Across America Day in December 2017 is what inspired her to want to help out her fellow veterans.

"Participating in Wreaths Across America at Arlington in 2017 is what basically started and lit the fire in me

in wanting to be able to help veterans and just be a person that can do that on a daily basis," she said.

"I don't think of this as a job. I absolutely love what I do. When you can wake up in the morning and be happy to go to work, I think you ought to be grateful, and I am."

Cugini brought the

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More Quincy news:

The Quincy Sun.com

Mid-Winter Indoor Cross Training

Practical Fitness With Wayne L. Westcott

By WAYNE WESTCOTT

As we move into mid-February, we may look forward to some warmer days and occasional outdoors exercise sessions. However, chances are that you may still be doing a lot of indoor aerobic activity.

If you exercise regularly and typically perform the same mode of exercise, this would be a good time to consider some cross-training activities. Changing your aerobic activities reduces the risk of overtraining and muscle imbalance injuries. This is especially important if you are going to do the same activity when you begin your outdoors exercise program. For example, if you have been running on a treadmill throughout the winter months and you are looking forward to running outdoors, it would be wise to do some cross-training activities prior to hitting the roads.

Basically, running indoors all winter and transitioning to running outdoors without any breaks for the shock-absorbing muscles of the legs greatly increases

the probability of an overuse injury the joint structures of your feet, ankles, knees, hips, and back, as well as to the lower leg, thigh, and hip muscles themselves. Switching to a different endurance exercise mode has triple benefits. First, a cross-training activity such as stationary cycling does not involve the landing forces inherent in running, which essentially eliminates the problem of continuous shock absorption. Second, stationary cycling emphasizes different muscle than running, which provides a more comprehensive training effect and a reduced risk of muscle/tendon injuries. Third, changing from all running workouts to some stationary cycling sessions offers a mental break from always performing the same physical activity, which lessens the likelihood of psychological staleness.

You may wonder how cycling changes the muscle emphasis when both cycling and running incorporate the legs for propulsive force. Fitness enthusiasts typically run at a moderate pace for

distances between two and six miles. Unlike sprinting, running at moderate speeds primarily uses the rear thigh muscles known as the hamstrings. On the other hand, cycling places greater emphasis on the front thigh muscles known as the quadriceps. Therefore, a cross-training program that alternates running and cycling provides a more comprehensive training effect for the thigh muscles.

You may want to consider other cross-training activities such as a rowing machine or swimming. Both of these aerobic activities involve the muscles of the upper body and core area, as well as the muscles of the legs. Rowing places relatively equal emphasis on the knee-extending quadriceps muscles and the hip extending hamstrings and gluteal muscles. Rowing also involves the important lower back muscles and many upper body muscles, including those of the upper back, middle back, rear shoulders, upper arms, and forearms. As you pull yourself toward the front of the rower, you

activate the typically underused shin muscles and hip flexor muscles. Due to the sliding seat and supportive structure, rowing does not involve any landing forces or shock absorption. Most people find rowing to be an ideal alternative indoor aerobic activity to every day running.

Swimming also works many major muscle groups concurrently. These include the quadriceps and hamstrings muscles of the legs; the abdominal and oblique muscle of the core; the chest, upper back, shoulder, and neck muscles of the torso; and the biceps and triceps muscles of the arms.

Like rowing, swimming is a body supported exercise (due to the buoyancy of water), which provides relief from the landing forces and shock absorption inherent in running. Additionally, these exercises have a greater upper body emphasis that offers a beneficial "active recovery" effect between successive running sessions. Due to this beneficial cross-training effect, you may want to continue these alter-

native activities throughout the year to reduce leg fatigue and injury risk. This should enable you to run faster and longer during your less frequent running sessions. Keep in mind that all of these cross-training aerobic activities burn approximately the same number of calories per minute when performed at the same effort level. Likewise, all of these aerobic activities provide essentially the same level of cardiovascular conditioning and physiological adaptations when performed with similar intensity and duration.

As an example, an effective indoor cross-training program may follow a pattern such as this for two aerobic activities:

Mondays - Running;
Tuesdays - Rest; **Wednesdays - Cycling;** **Thursdays - Rest;** **Fridays - Running;** **Saturdays - Cycling;** **Sundays - Rest.**

As an example, an effective indoor cross-training program may follow a pattern such as this for three aerobic activities:

Mondays - Running; **Tuesdays - Rowing;** **Wednesdays - Cycling;** **Thursdays - Rest;** **Fridays -**



WAYNE WESTCOTT

Running; Saturdays - Rowing; Sundays - Rest.

Of course, you may interchange your favorite endurance exercises as you desire. However, I do recommend a couple of non-training (rest) days every week. On my rest days, I typically take a 30 to 40 - minute walk around my neighborhood at a moderate pace.

Wayne L. Westcott, Ph.D., is Coordinator of the Quincy College Exercise Science Department and the College/Community Fitness Center. He has written 30 books on physical fitness and strength training, as well as strength training chapters for 9 National Personal Trainer Textbooks. Wayne has been a strength training consultant for all 5 United States military forces and for 6 NFL football teams.

BBB: Tips For Choosing A Tax Preparer; Filing Deadline April 18

By BETTER BUSINESS BUREAU

This year, United States taxpayers must file their income tax forms before the April 18, 2022 deadline. For many people, major life changes, business ownership, or simply a lack of knowledge about the ever-changing tax laws make finding a trustworthy tax preparer a good idea. That said, not all tax preparers have the same level of experience and training. Here are our tips for finding someone you can trust with your finances and sensitive personal information.

Which type of tax preparer is right for you?

First, it's important to understand the different

types of tax preparers and their qualifications. Only enrolled agents, certified public accountants and attorneys may represent their clients to the IRS on matters such as audits, collection issues, and appeals.

Enrolled Agent (EA): An EA is a tax preparer that has been approved by the IRS to represent taxpayers. An EA must either have prior qualifying employment with the IRS or pass an intensive two-day exam on federal taxation and complete a background check. To maintain EA status, they must complete a specified number of credit hours each year of continuing education in accounting methods and tax regulations. An EA

may work independently or as part of a firm and may specialize in specific areas of tax law.

An EA is a good option if you have a more complex tax situation. However, you'll want to make sure their area of expertise applies to your personal situation. Fees and availability may vary, but you can expect an EA to charge less than a CPA. An EA is also qualified to help you with financial planning and give you tips that could help you reduce your taxes in the future.

Certified Public Accountants (CPA): CPAs have a college degree (or the equivalent in work experience). They are licensed

after passing a state professional qualifying exam. They are highly skilled in accounting. This makes them good candidates for complex tax planning and preparation if they are experienced in handling tax matters and enrolled in continuing education programs that keep them abreast of the constant changes to tax laws. If your return is quite complex, a CPA may be your best choice for tax preparation, but keep in mind they will charge much more than basic tax preparers.

Attorneys: Tax often attorneys charge the highest fees as tax preparers. For taxpayers looking to legally shelter part of their income, or for those who need specialized advice on municipal bonds, estate planning, and the like, hiring a tax attorney is a good option.

Non-Credentialed tax preparers: There are about 700,000 people who work as non-credentialed tax preparers in the United States.

They often work part-time or only during the tax season. These preparers must have an active preparer tax identification number (PTIN) through the IRS, but beyond that, regulating tax preparers done at the state level. In the vast majority of states, anyone can prepare tax returns for others without having to take an exam, get a license, or comply with other government regulation. Learn more about your state's requirements here. Read more about "ghost tax preparers" here.

Most tax preparers are legitimate and competent, but keep in mind that without a national license requirement, they may be working off of their own personal research and experience. Because of this, it is important you conduct a thorough interview with the tax preparer before you hire them.

How to choose the right tax preparer:

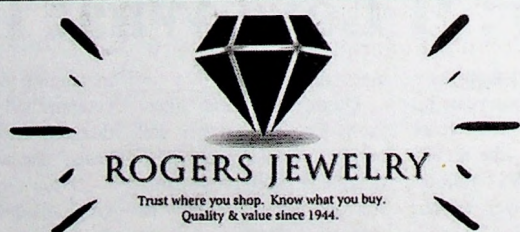
When it comes to choosing the right kind tax pre-

parer for you personally, much will depend on the complexity of your tax situation. After you've decided what qualifications your tax preparer needs, the following tips will help you choose someone who is trustworthy and competent:

- **Review the tax preparer's credentials.** EAs, CPAs, and tax attorneys are all qualified to represent their clients to the IRS on all matters. Other preparers can help you with forms and basic matters, but cannot represent you in case of an audit. Don't be afraid to ask about these or other qualifications before you hire someone.

- **Be wary of spectacular promises.** If a tax preparer promises you larger refunds than the competition, this is a red flag. Many such tax preparers base their fees on the amount of your return and may be likely to use shady tax preparation tactics. In addition, it's wise to avoid tax preparers who offer "refund anticipation loans" as you'll probably lose a large percentage of your return to commission fees.

- **Get referrals from friends and family.** One of the best ways to find a trustworthy tax preparer is to ask your loved ones for recommendations. Once you have a few options, check the



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Keenan Undecided On Baker's Tax Cut Proposals

By SCOTT JACKSON

Sen. John Keenan said he is "taking a wait-and-see approach" on Gov. Charlie Baker's proposal to create \$700 million in new tax breaks for residents.

Baker, a Swampscott Republican, unveiled his proposed tax breaks on Jan. 26 alongside his proposed \$48.5 billion budget for fiscal year 2023, which begins July 1.

Baker's proposals include increasing the cap for the rental deduction; doubling the maximum senior circuit breaker credit; doubling the dependent care credit and the household dependent care credit; increasing the adjusted gross income thresholds for "no tax status" status to \$12,400 for single filers, \$24,800 for joint filers and \$18,650 for head of households; doubling the estate tax threshold from \$1 to \$2 million and eliminating the so-called "cliff effect" that taxes the full amount below that threshold; and changing the short-term capital gains tax rate to 5 percent.

Keenan, a Quincy Democrat, said the legislature would likely begin to discuss Baker's proposed tax cuts when it begins work on the next fiscal year's budget. The House typically releases its budget proposal in April and the Senate usually does so in May.

The senator said he is "taking a wait and see approach" to the proposed tax breaks until state revenue predictions for the next two fiscal years come into better focus.

"I'm taking a wait-and-see approach. The revenues for the upcoming fiscal year, which would be fiscal year 23, look pretty solid. We're projecting a revenue increase over fiscal year 22. Fiscal year 24, the projections are that we will start to see a drop in our revenues," Keenan said.

"Given that context, I will take a wait-and-see attitude on what will happen with taxes. We have a few more months between now and the time we do our budget to see what the revenue trends look like. If they are consistent with the predictions, then I would feel comfortable that we've got a good idea where we may be with revenues in 23 and 24."

"I think, 23 it looks like we could accommodate some of those items, but at the expense of what else, and then what do we do if in fiscal year 24 our revenue picture is not any better – and that seems to be the sense – or there is some sort of dramatic change and we've locked ourselves into some tax cuts."

"Some of the tax cuts that are very interesting to me are doubling the child tax credit for families," Keenan continued. "That has been shown...to be one of the most effective ways to lift families out of poverty. It is designed specifically for working families earning income, in this case families with children. It results in them getting a credit on their taxes. So, it is shown to be one of the most effective ways to get people out of poverty."

"He is proposing that, he is proposing a tax break for renters. Presently I think it is \$600 per year. I think the early analysis showed that the change he is proposing for renters might result in an additional \$100 being saved for them. But this is all preliminary as to what these tax cuts mean."

"He didn't say anything at his State of the Commonwealth address, but he is talking about a tax break on capital gains. Anytime there is a suggested tax cut relative to capital gains, it really needs close analysis because capital gains are tied so closely to real estate markets, stock markets."

Capital gains can be a great boon for our state revenues, and it can also, if things aren't going well, result in a pretty serious hit to our state revenues, so any tax tied to that, either increasing the tax or decreasing the tax on capital gains, really has to be studied pretty closely.

"Some of the estimates on the combination of his tax cuts are about \$700 million, which is pretty substantial. I am open to the idea. We've got a few months to track our revenues and to do our analysis to see which ones of these may work or may not work."

Keenan said he is not definitively opposed to any of the governor's proposed tax cuts.

"Nothing jumped out at me say where my reaction would be, 'I'm not interested' or 'I think that is ridiculous,'" he said. "They are absolutely worthy of looking at. It's just too early for me to say, 'this is good, this is bad, I like this one, I don't like this one,' when we don't even have the fi-

nancial analysis as of yet."

Baker first announced he would seek many of the proposed tax cuts during

his State of the Commonwealth address on Jan. 25. During those same remarks, the governor said the state is

dealing with a mental health crisis – one made worse by the pandemic – and vowed

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Kyle Carey Concert Sunday At Library

The public is invited to the historic Richardson Building at the Thomas Crane Public Library Sunday, Feb. 13 from 3 to 4 p.m. for a concert featuring Gaelic Americana musician Kyle Carey.

This event will also be livestreamed to the Crane Library YouTube channel.

Carey's unique trans-Atlantic fusion includes influences of the American Folk Anthology, the traditional music of Cape Breton, Ireland and Scotland, and the Appalachian poetry of Louise McNeill.

As a young woman, Carey traveled to Cape Breton on a Fulbright Fellowship to learn Scottish Gaelic. Afterwards, she spent a year on the Isle of Skye in Scotland – honing her skills in the Gaelic language and studying traditional sing-



GAELIC AMERICANA MUSICIAN Kyle Carey will perform in concert Sunday, Feb. 13 from 3 to 4 p.m. at the Richardson Building of the Thomas Crane Public Library, Quincy Center.

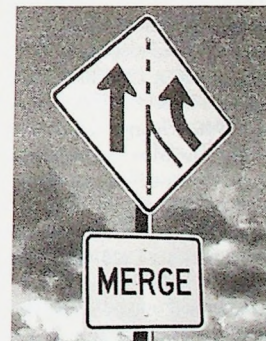
ing techniques. To date she has released three albums—Monongah, North Star, and The Art of Forgetting. All critically acclaimed, and all a direct and compelling expression of her distinctive 'Gaelic Americana' sound.

Capacity for this event will be limited and masks are recommended. Doors will open 15 minutes before the start of the program.

The event is sponsored by the Friends of the Thomas Crane Public Library.

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Seven Quincy Students On UNH Dean's List

Seven students from Quincy have been named to the Dean's List for the fall semester at the University of New Hampshire in Durham, N.H.

They are:

Carly McMorrow (high-

est honors); Fallon Hobin (honors); Celia Hussey (high honors); Olivia Hussey (highest honors); Megan MacNeil (high honors); Maeve Farrell (high honors); and Hannah Kelley (highest honors).

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(USPS 453-060)
Published Weekly on Thursday by
The Quincy Sun Publishing Co., Inc.
1372 Hancock St., Quincy, MA 02169

Robert H. Bosworth
Editor and Publisher

Henry W. Bosworth, Jr.
Founder - 1968
Editor and Publisher
Sept. 26, 1968 - Feb. 7, 2009

\$1.50 per copy newsstand • \$40 per year in Quincy
\$42 per year by mail outside Quincy • \$50 out-of-state

Telephone: 617-471-3100 Fax: 617-472-3963

online at: www.TheQuincySun.com
email address: thequincysun@verizon.net
Circulation Dept. email address:
quincysunsubs@gmail.com

Periodicals postage paid at Boston, MA
Postmaster Send address change to:
The Quincy Sun, 1372 Hancock St., Quincy, MA 02169

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Moments in time

THE HISTORY CHANNEL

• On Feb. 27, 1860, President Abraham Lincoln poses for the first of several portraits by noted Civil War-era photographer Mathew Brady. A relatively new art form, the photograph (or daguerreotype) showed a beardless Lincoln just moments before he delivered an address at Cooper Union.

• On Feb. 23, 1885, a 19-year-old man named John Lee is sent to the gallows in Exeter, England, for the murder of a rich, older woman. However, the gallows equipment malfunctioned three times and Lee was not dropped. He was then sent back to prison.

• On Feb. 25, 1890, Vlachoslav Skryabin, foreign minister for the Soviet Union who took the revolutionary name Molotov, is born in Russia. Molotov advocated the use of throwing bottles filled with flammable liquid and stuffed with a lit rag, and the famous "Molotov cocktail" was born.

• On Feb. 26, 1903, Alexander Winton, driving his Winton Bullet, sets the first speed record ever achieved at Daytona Beach, Florida. Built in 1902 the "Bullet Number 1" drove a measured mile at over 65 mph.

• On Feb. 22, 1946, George Kennan, the temporary American ambassador in Moscow, sends an 8,000-word telegram to the Department of State detailing his views on the Soviet Union, and U.S. policy toward the communist state. Kennan's analysis provided one of the most influential underpinnings for America's Cold War policy of containment.

• On Feb. 21, 1952, men's figure skater Dick Button wins his second Olympic gold medal. Button captured his first gold prize at the 1948 Olympics, becoming the first American to ever take home the men's title. Button retired from amateur skating in 1952 and went on to perform with the Ice Capades as well as graduate from Harvard Law School.

• On Feb. 24, 1969, after a North Vietnamese mortar shell rocks their Douglas AC-47 gunship, Airman First Class John L. Levitow throws himself on an activated flare and tosses it out of the aircraft just before it ignites. For saving his fellow crewmembers and the gunship, Airman Levitow was later awarded the Medal of Honor.

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Public Hearing For MBTA Fare Tariff Changes Feb. 17

The MBTA will host a virtual public hearing on Thursday, Feb. 17, at 6 p.m. to discuss fare change proposals that aim to improve equity by closing gaps in existing fare structures for Reduced Fare Riders, to minimize pandemic-related revenue implications and budget uncertainties while increasing ridership where possible, and to simplify fare tariff rules as the MBTA's Fare Transformation Program moves forward.

These changes include:

- Making the 5-Day FlexPass on mTicket for Commuter Rail permanent;
- Reducing the price of the 1-Day LinkPass;
- Expanding second transfers on Local Buses, Express

AARP Monthly Fraud Watch Update

By CINDY CAMPBELL
Communications Director
AARP Massachusetts

Did you know that someone's identity gets stolen every two seconds?

The AARP Fraud Watch Network provides you with tips and resources to help you spot and avoid identity theft and fraud so you can protect yourself and your family. Our watchdog alerts will keep you up to date on con artists' latest tricks.

It's free of charge for everyone: AARP members, non-members, and people of all ages.

Be a fraud fighter! If you can spot a scam, you can stop a scam. Report scams to local law enforcement. Contact the AARP Fraud Watch Network at www.aarp.org/fraudwatchnetwork for more information on fraud prevention.

SCAM ALERT #1:

ID Theft Awareness Week

The first week of February is Identity Theft Awareness Week. It's a good time to think about a sobering reality: your personal information has most likely already been stolen. Many entities have our personal information – credit card and bank account numbers, Social Security numbers, and health-related information – and data breaches have exposed it. So, what can we do to protect ourselves after the fact?

Here are three steps to protecting yourself against identity fraud: 1) Place a security freeze on your credit accounts with the three big agencies so no one can open a new credit line in your name; 2) Establish online access to your financial accounts and monitor regularly (you can typically set up text alerts for activity on these accounts); 3) Use unique passwords for every online account; consider purchasing a password manager that creates complex passwords and stores them securely.

SCAM ALERT #2:

When Cupid is a Con

Whether they come via a dating app or somewhere else on the internet, online relationships are more common than ever. But beware, sometimes cupid is a con. Here are some red flags that will help you spot a romance scam: the person might propose chatting offline or profess their feelings for you before getting to know you. They may offer to visit if you can help cover travel costs, then cancel those plans at the last minute.

Many victims don't see the crime coming because they weren't looking for love online to begin with and think "it just happened." This is a common ploy for con artists. Remember, anytime a love interest or new friend whom you've never seen in person asks for money, it's most likely a scam.

High Snowbanks, Narrowed Roads A Safety Challenge AAA Calls For Compliance With Slow Down, Move Over Law

Snow still piled high from the historic blizzard could still be blocking sidewalks and narrowing roadways across the state, mounting special challenges for pedestrians, cyclists, drivers and emergency responders.

AAA cautions all motorists to pay special attention to the state's Move Over Law, which requires drivers to reduce their speed and move to an adjacent lane whenever they see the flashing lights of emergency vehicles at the roadside. The law applies to police, fire and EMT vehicles, as well

as tow trucks and highway maintenance equipment.

The Slow Down, Move Over law took effect in Massachusetts in 2009, mirroring a trend toward passage in state legislatures across the country in response to increasing fatalities and serious injuries to first responders and others assisting vehicles at the roadside. "There continue to be far too many tragic stories of law enforcement officers, highway maintenance workers and tow truck operators injured or killed assisting motorists," said Mary McGuire, director of public and

government affairs at AAA Northeast. "The simple act of slowing down and moving over can prevent these senseless tragedies and make the roads safer for everyone," she added.

On average in the United States, two emergency responders are struck daily while working at the roadside. These incidents cause property damage, injuries and in some cases fatalities. According to FBI statistics, law enforcement officers being struck and killed assisting others at the roadside is a major cause of police deaths in the U.S. Most of

these preventable crashes can be averted by complying with the letter of the Move Over law.

With snowbanks at their highest level in years limiting drivers' vantage points, and roads narrowed by the recent blizzard, AAA urges drivers to look twice for runners, walkers and cyclists in the roadway, and heed the move over statute. Safety advocates across the state urge care, vigilance, and compliance with the law in consideration of those working to keep roadways safe.

SCAM ALERT #3:

Cryptocurrency Scams

Cryptocurrency such as Bitcoin, Ethereum, and Dogecoin are soaring in popularity these days. Indeed, these virtual currencies, which are not regulated, can lead to profit for some investors. But while many consumers are new to crypto, scammers aren't, and they are finding all sorts of ways to run successful scams.

Here are several schemes: Websites promising huge returns if you invest in crypto with the company. "Celebrities" offering investment opportunities in virtual currency via their social media accounts. Online love interests who either ask for financial help via cryptocurrency or seek to convince you to invest in crypto with them. And more recently, a call from a government agency or business warning that you must pay some alleged debt to avoid a bad outcome (such as arrest due to nonpayment of back taxes, your utilities being cut off, your Social Security number being suspended). In the latter, criminals direct targets to withdraw cash from their bank account and deposit it in a cryptocurrency ATM as a mean of paying the alleged debt.

Cryptocurrency is the wild west of investing and deceiving. Make sure you understand fully the risks associated with this currency before engaging in any way.

SCAM ALERT #4:

Job Search Scams

The workforce has become a seller's market and millions of people are leaving their job for greener pastures. More money, working from home and more time off are just some of the perks. But if you're in the market for a career upgrade, make sure that new gig is legitimate before taking the leap.

Criminals flood job search sites with professional looking ads offering the sun and the moon, but there is often a catch.

Work-from-home scams can promise jobs with medical billing, data entry or starting an online business, but they may require paying something up front – which should always raise a red flag. Or they seek sensitive personal information, like your Social Security number, before you are hired.

There are genuine job opportunities out there. The challenge is knowing how to spot the real opportunities in a sea of empty – and costly – promises.

Be a fraud fighter! If you can spot a scam, you can stop a scam.

The AARP Fraud Watch Network is a free resource for all. Learn how to proactively spot scams or get guidance if you've been targeted. Visit www.aarp.org/fraudwatchnetwork or call the dedicated helpline to speak to a fraud specialist at 1-877-908-3360.

Buses, and/or Subway; and

Proposed changes for Reduced Fare Riders that include:

- Introducing the 7-Day LinkPass for Reduced Fare Riders;
- Introducing Monthly Passes for Reduced Fare Riders on Commuter Rail, Ferry, and Express Bus; and
- Expanding the validity of the LinkPass for Reduced Fare Riders to Commuter Rail Zone 1A and Inner Harbor Ferry.

The MBTA welcomes public comment on these proposals. During the meeting, attendees will have the opportunity to ask questions and provide input.

The meeting will be held via Zoom. Members of the public

can register for the meeting online. The meeting will be recorded and posted online for those who cannot attend.

A virtual public meeting will also be held Thursday, Feb. 10, at 6 p.m.

If approved by the full MBTA Board in March, these fare changes would go into effect on July 1.

The public is welcome to submit comments online through Thursday, March 3, at mbta.com/2022FareChanges or by email to publicengagement@mbta.com.

The Title VI analysis will be shared with the MBTA's Board and posted to mbta.com prior to the scheduled March 24, Board meeting.

Scenes From Yesterday



THIS IS A 1928 postcard showing what was known then as the Fratus Building on the corner of Billings Road and Hancock Street in Norfolk Downs. The Fratus family, who had an automobile business next door on Hancock Street where they sold Paiges and later Pontiacs, owned it. Built originally as a one-story building this picture was taken shortly after the second floor was added. On the upper corner was the office of the well-known dentist Dr. Walter Phipps. On the ground level Albion

R. MacKay, who had been a clerk at the Tubular Rivet and Stud Company, opened this store in 1916 selling newspapers and stationery. He also published and sold many of the postcards that have appeared in this column over the years. In 1937, he converted the store into the Norfolk Pharmacy, but, after becoming ill, he sold out in 1940 and it then became known as the Naborhood Pharmacy. Today, this corner is home to the Wah Cheung Hing, Co., restaurant.

From the of Tom Galvin Postcard Collection

Quincy's Yesterdays

This Week
1950
72 Years Ago

Municipal Parking Area A Downtown Welcome

Quincy's Municipal Parking area has been completed and in use for only a few short months now but its success has been so apparent that already a movement has been started to develop a somewhat similar parking lot on the east side of Hancock Street.

Former Mayor Charles A. Ross advocated such a development when he dedicated the present parking lot. Last week Councillor Amelio Della Chiesa announced he is introducing in the council a public hearing order for a parking area east of Hancock St., between Revere Rd., Cottage Ave and Cottage St.

The present parking area forms only about one-half of the goal advocated by Quincy Merchants and the Quincy Patriot Ledger.

(The parking area was built in the early 1950s and became known as the Hancock Parking Area. Today, it is the site of Chestnut Place and the municipal parking garage.)

QUINCY MEN LEAVE FOR WASHINGTON TO AID SHIPBUILDING

A delegation from the Quincy Committee for the Advancement of the American Merchant Marine left for Washington to urge passage of ship subsidy legislation at this session of Congress.

Leading the group was George Daley, Jr., chairman, and president of the Quincy Chamber of Commerce, Alexander Purdon, Chamber executive vice-president, along with officials of the shipyard's labor unions.

The delegation will ask for a long-range subsidy bill in hearings before the Sub-Committee on Merchant Marine and Maritime Matters.

QUINCYISMS

Meateries, Inc, 1388 Hancock St., Quincy Center, was asking residents "Come/Shop/Save, Anniversary Jubilee. Boneless Oven Roast for 69 cents a pound and Boneless Pot Roast, 65 cents a pound"... A Latvian night program was held at a meeting of the Mr. and Mrs. Club of the Wollaston Congregational Church. Rev. O.S. Blumit spoke on Latvia. Entertainment was provided by a group of Latvian dancers and musicians... Remick's Department Store, Hancock St., Quincy Center, was advertising a "Luggage Landslide With Savings Averaging 45%"... Judith Sangster, daughter of Mr. and Mrs. Arthur Sangster, 126 Sonoma Rd., Squantum, celebrated her sixth birthday with her first grade classmates at a "March of Dimes" birthday luncheon. Twelve children were present and \$9.10 was collected and turned over to the March of Dimes Campaign... The Wollaston Theater, Beale St., was offering a double feature: "Ambush" with Robert Taylor and Arlene Dahl, along with "Fallen Idol" with Ralph Richardson and Michele Morgan... The Marvel Beauty Salon, 8 Cottage Ave, Quincy Center, was offering a "Permanent Wave for \$3.95"... Roy's Flowers, 94 Washington St., was offering "Roy's Valentine Special-Violets In a Heart-Shaped Box with Roses in the Center for \$3.50"... Dwight DiBona, son of Mr. and Mrs. C. Arthur DiBona, received his Eagle Scout award at ceremonies held at St. Mary's Church, West Quincy... Rabbi Joseph Shubow spoke to students at both Quincy and North Quincy High Schools on the occasion of Brotherhood Week. Rabbi Shubow, a Harvard graduate, is a featured writer for many newspapers, both in English and Hebrew... State Rep. William W. Jenness was scheduled to speak at the upcoming meeting of the Quincy Women's Republican Club. Mrs. Frank L. McCausland, president of the club, will introduce him... Doreen Claire Trethewey, daughter of Mr. and Mrs. Reginald Trethewey, 138 School St., Quincy, a Valentine's Day baby, celebrated her fourth birthday at a party held at her home... Grossman's, 130 Granite St., was offering 100-pound bags of rock salt for \$1.69... Second Lt. Michael M. Ameen, Jr. of Quincy, coached Camp Lejeune's "The Leatherbacks" backfield during the 1949 season. Camp Lejeune won both the 6th Naval District as well as the South Central Group Championships... Lodgen's, 32 Cottage Ave, was advertising "Young, Tender Ducks for 25 cents a pound"... Mayor Thomas S. Burgin cast the deciding vote to break a tie. His vote elected Alexander Smith to city auditor. Smith, who resigned from the School Committee to become a candidate for auditor's job, received the votes of Mayor Burgin, Councillors Austin, Della Chiesa and Orcutt, while Councillors Anderson, Crowley and Helfrich voted for William Papile, a former Ward 2 city councillor. The job paid \$4,500 annually.

Kayla Graulau Participates In Career Readiness Symposium

Kayla Graulau, a Lasell University student from Quincy, recently participated in the institution's annual Career Readiness Symposium.

Graulau is one of several students who runs studio1851, Lasell's on-campus and online boutique. They presented "Lessons

Learned and Experience Gained: Keeping a Business Alive During a Pandemic," alongside fellow studio1851 leaders. The presentation in-

corporated the NACE competencies of professionalism, leadership, and career & self-development.

READERS FORUM

Opposes Election-Day Voter Registration

As someone who has been closely watching both the VOTES Act here on Beacon Hill, and the Freedom to Vote Act down in Washington on Capitol Hill, I read this week's newspaper (Legislature Split on Same-Day Voter registration, Quincy Sun, Feb. 3) and saw that the two branches of the Massachusetts Legislature have split over same-day voter legislation.

I oppose same-day or election day voter legislation because it would have a negative impact on voter confidence in the integrity of our election process. In fact, I oppose both universal mail-in (absentee) balloting and those drop off ballot boxes, too. I do support the idea of early voting to encourage more voters to vote. However, any reform measure that does not have a clear chain of custody weakens the integrity of our free and fair elections. If people stop believing in the accuracy of the voting process, our democratic republic is endangered. We always need to believe in our election process and the vote count.

At the moment, a voter lawsuit against many of

these voter reform measures is now in the appeals process. We should all be thanking folks like Caroline Colarusso and the others who filed the lawsuit because they seek to ensure that the Massachusetts State Constitution is adhered to. Colarusso of Stoneham who ran for US Congress recently in the 5 CD is originally from Boston's North End, the birthplace of liberty in America.

Recently, down in Pennsylvania a few weeks ago, the Pennsylvania Common-

wealth Court has thrown out as unconstitutional, similar voter reform measures passed by the Pennsylvania legislature as in violation of their state constitution.

It would behoove our state legislators to slow down a bit in its rush to enact the VOTES Act here in the Bay State. What happens if the Massachusetts Appeals Court would also declare these legislative acts as violating the Massachusetts State Constitution? Beacon Hill would be a laughing stock and embarrassed by

rushing so fast down the wrong road and end up like Pennsylvania.

Our elected officials up on Beacon Hill legislators need to re-read the state constitution and follow it. If they wish to change or add to what is in the document written by John Adams they would see that a new constitutional amendment must be written and it needs a two-thirds majority to pass and not by a single majority vote.

Sal Giarratani
East Boston

More Readers Forum On Page 16

SUBSCRIPTION FORM

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FIFTY PARTICIPANTS AT Saturday's Houghs Neck Polar Plunge are ready to take a quick dip at the public landing. The event raised \$1,800 for the Atherton Hough School PTO.

Quincy Sun Photos/Robert Bosworth

50 Brave Souls Take Polar Plunge For AH School PTO

A Very Quick Dip In 36-Degree Water Raises \$1,800

By TOM GORMAN

The air temperature was 22 degrees, and the seawater was 36 degrees, but it didn't deter 50 adults and children from taking a dip for the sixth annual Houghs Neck Polar Plunge.

The annual event – which returned on Saturday after a one-year absence due to COVID last year – benefited the Atherton Hough Elementary School PTO. Participants paid a \$20 fee while a bake sale, raffle, T-shirt and pizza sale, and community donations netted \$1,800 – one of the most successful plunge totals to date.

"We are hoping to raise enough money to replenish supplies for our classrooms," said Atherton Hough PTO Vice President Jill Hockney. "We took last year off because of the (COVID-19) pandemic, but we are back this year. We are excited."

After gathering inside the Quincy Yacht Club to chat and have a beverage, it was time for the plungers to head out. The group made their way to the adjacent boat ramp, and after posing for a group picture, they ran

en masse into the water.

Some wore bathing suits, but most had shirts and long pants. The dip was quick. The plungers pretty much ran in and ran right out, quickly wrapping themselves in towels and heading for warmth.

"You did it!" Jayme Sweeney said to her daughters, Nikolini Peulic, 7, and Kirschen Kirby, 12, after the three emerged from the chilly water dripping wet and shivering. It was the first plunge for all three.

"It was amazing," Sweeney said.

Added Kirschen, "It was freezing."

Nikolini said it was "very cold." Asked if she would do it again, she said, "Maybe."

The mother and daughter team plan to return.

"We'll definitely be here next year," said Sweeney.

Tim Kaes was prompted by his children – Marilyn, 8, and Patrick, 10, both Atherton Hough School students – to take the dip. It was their first time.

"My kids wanted to do it, so I'm jumping in with them," he said.

Cont'd On Page 17



QUINCY POLICE OFFICER Tim Kaes donned a viking hat before braving the icy water at the public landing in Houghs Neck. He and his children, Marilyn, age 8, and Patrick, 10, both students at the Atherton Hough School, were among 50 participants who took the plunge and helped raise \$1,800 for the Atherton Hough School PTO.

Quincy Sun Photos/Robert Bosworth



IT WAS A VERY QUICK dip for participants at Saturday's Houghs Neck Polar Plunge. Some of the brave souls are shown here and below.



Winter Walk, Granite Workers Museum Opening Feb. 19

The Quincy Quarry and Granite Workers Museum will be holding a winter walk Saturday, Feb. 19 which will include the Granite Railway, Inclined Plane Railway, Lyons Turning Mill, Granite Railway Quarry and the museum will be open for viewing.

The City of Quincy, known as the Granite City, had over 50 granite quarries operating in its heyday. Quincy granite was greatly valued, providing stone for some of the most impressive

Social

granite buildings, monuments, sculptures and fortifications across the nation. The Granite Railway Quarry and Swingles Quarry were two of the largest suppliers of granite spanning many years of operation.

The two-mile walk will include turn-of-the-century photos of the site locations along the walk. The quarry

walk will be over extremely rocky terrain and be subject to weather and terrain conditions.

Participation in the walk is limited. Call the museum and leave your name and a contact number to be reached for details of the walk. For further information call the museum at 617-472-1322.

Movie Review: 'Licorice Pizza'

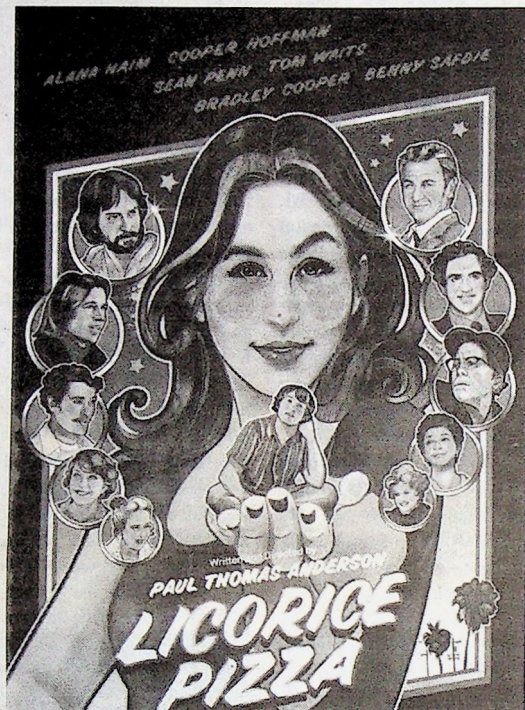
By BOB GARVER

There were no new wide movie releases the week-end of Jan. 29-30th, and I can't say I blame the studios given that a snowstorm kept much of the East Coast indoors.

Outside of the COVID era, I think this is the farthest down the weekly box office chart I've ever had to go to find a movie to review. "Licorice Pizza" came in ninth place in its 10th weekend, earning less than \$700,000 on fewer than 800 screens in the whole country. It should be disheartening that I have to dig so deep, but actually it's the opposite. I'm glad I have the opportunity to shine a light on this movie, one that normally wouldn't get this kind of attention in a column that aims to cover blockbusters.

The film comes courtesy of Paul Thomas Anderson, one of the most highly-acclaimed writer/directors of his era. It stars Cooper Hoffman (son of the late Philip Seymour Hoffman, a frequent Anderson collaborator) and singer Alana Haim, both making their film debuts. I'd say it is extraordinary that these two are so perfect in these roles right out of the gate, but I have to factor in that they have showbusiness pedigrees, so they'll just have to settle for me saying that they give performances more than befitting their families' reputations.

The story begins in 1973, where 15-year-old child star Gary (Hoffman) meets 25-year-old photography assistant Alana (Haim, naturally) on School Picture Day. After some frankly uncomfortable persuasion on Gary's part, the two strike up a relationship, though a more plutonic one than Gary would probably like. Alana accompanies Gary to New York as he sabotages his acting career, and he uses his connections to help her launch her own. I thought the film might take the "A Star is Born" route where she rises as he falls, but she falls right out of acting too



after a dangerous episode with a co-star (Sean Penn) convinces both her and Gary that the industry is just too crazy.

The two bounce from one random life chapter to another. He's briefly accused of a murder, the two start a waterbed business together, they have a terrifying encounter with whacked-out celebrity hairstylist Jon Peters (Bradley Cooper), she goes to work on a political campaign because she desperately needs some maturity in her life, he opens a pinball arcade, which she uses as evidence that her life is filled with too much immaturity. The romantic aspect of their relationship is on-again/off-again, and wherever it lands at the end of the movie, you get the impression that it could be the opposite in a matter of hours.

This isn't a very "exciting" film, in the traditional sense. The murder accusation, a dangerous motorcycle stunt, a stalker on the political campaign, and even the encounter with Peters all end anticlimactically (though the Peters storyline features the best car chase scene in recent memory). It's all about the journey,

and these idealistic kids are the best journey companions you could ask for. They're so charismatic and the script is so entrancing that the best scene in the movie is them just talking about breathing.

I mentioned earlier that the film is currently playing on fewer than 800 screens in the country. That number is likely to go up in the coming weeks after the Academy Award nominations are announced. The film is slated to get a Best Picture nomination, Anderson is almost certain to get nominated as a director and writer, and Hoffman and Haim could sneak into the acting categories. This movie is worth seeking out, even though it probably won't be at the top of your local theater's marquee. Its low-stakes nature might be frustrating at times, along with its practice of leaving storylines without satisfying conclusions, but make no mistake, "Licorice Pizza" has a subtle way of being a rewarding moviegoing experience.

Grade: B

"Licorice Pizza" is rated R for language, sexual material, and some drug use. Its running time is 133 minutes.

Contact Bob Garver at rgr251@nyu.edu.

Vertical Gardening Maximizes Beauty And Harvest

By MELINDA MYERS

Go vertical to expand your outdoor gardening space, create privacy and add beauty to bare walls and fences. This centuries-old technique has been used to grow food and flowers, adding beauty and productivity from the ground up. Even those gardening on small city lots, balconies and decks can go vertical to expand their gardening opportunities.

Grow pole beans, peas, squash, melons, tomatoes, and other vining edible plants onto supports. This saves space, reduces the risk of disease, and makes harvesting much easier.

Enjoy the many benefits of vertical gardening even when growing in containers. Create your own or purchase a support that securely fits and supports the vines growing in the planter. Or purchase a container with an integrated trellis. Further reduce maintenance by utilizing a self-watering pot like the City Jungle Self-Watering Tomato Planter large enough to grow and support two indeterminate tomatoes.

Mount containers on a wall or fence or stack and secure them vertically to increase growing space. Systems like the Vigoroot 4-Tiered Balcony Garden provide lots of planting space in just a few square feet.

Include trellises and arbors in raised beds and elevated gardens to further maximize growing space. Trellises train vines upward while arches allow you to grow two layers of plants, one over the trellis and one below.

Dress up a bare wall or fence, screen a bad view or create privacy with a plant-covered trellis. Leave space between the wall and trellis when gardening next to a building. This space allows airflow between the building and plants, reducing the risk of mildew on the wall and diseases infecting the plants.

Grow annual vines for quick cover and perennial vines for years of beauty. Mix the two to quickly cover the trellis while waiting for the perennial to establish and reach its mature size. Plant two vines with different bloom times on one trellis to extend the colorful flower display. Or look for those that bloom at the same time to double the floral impact.

Use decorative supports to add beauty or a focal point year-round. Select the style — rustic, formal or colorful — that complements your garden design, furnishings, and personality. Make



GROW A VEGETABLE garden vertically in a compact space whether on a balcony or patio.

Photo courtesy of Gardener's Supply Company/gardeners.com

sure whatever you choose is strong enough to support the plants you grow.

Mask rain barrels, compost bins and other functional areas in the landscape with a wall of plants. Leave space for easy access as you fill your compost bin or harvest finished compost and rainwater.

Dress up a lamp or mailbox post with a vine covered support. Create your own from chicken wire or purchase a curved trellis like the Bosmere Trellis (gardeners.com) suitable for this application.

Use trellises and arbors to brighten often overlooked spaces. A vine-covered arbor makes a nice floral welcome at the entrance to a walkway or colorful transition between garden areas.

Make sure the opening is large enough to accommodate visitors and any equipment needed.

No matter your style and location, vertical gardens can help you maximize your growing space and garden's beauty.

Melinda Myers is the author of more than 20 gardening books, including Small Space Gardening. She hosts The Great Courses "How to Grow Anything" DVD series and the Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Gardener's Supply for her expertise to write this article. Her web site is www.MelindaMyers.com.

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Seasonal Flavors
Snowflake Sundae
and Moose X-ing



Sheriff's Message: Looking Ahead To Public Safety

By PATRICK MCDERMOTT
Norfolk County Sheriff

As 2022 kicks off and we look ahead to the promises of a new year, I want to take a moment to look

back on what 2021 meant for Norfolk County and the Norfolk County Sheriff's Office. Despite a challenging year, we accomplished quite a lot. We improved our operations at the House of

Correction, grew our team, and expanded our outreach to the residents of Norfolk County. We did all of this to further our mission of enhancing public safety for the whole county, a mission

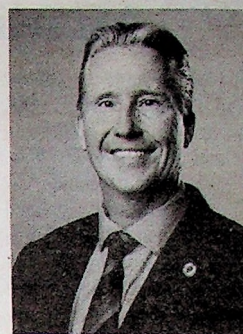
which I take very seriously.

The year 2021 was a year of growth for the NCSO, and you can see that growth reflected in our organization, including receiving the first perfect accreditation score from the American Correctional Association (ACA) in NCSO history. We have hired new officers that bring a greater diversity of background and experience and promoted several officers to the ranks of Sergeant, Lieutenant, and Captain. As Sheriff, I have made it a point to encourage my staff to seek out opportunities for advancement and improvement, as these promotional exams make clear. Similarly, we provided leadership and skills certification opportunities for officers and command staff from the ACA and FBI-LEEDA. And on top of all of this, our staff sought out training in crisis negotiations from the FBI, peer support, and mental health first response. While 2021 had its share of challenges, we met these challenges head-on and sought opportunities to strengthen our department so we are even more prepared for future challenges.

Because of these advances, we are also better equipped to provide the highest level of care to the justice-involved individuals in our custody. In 2021, we began transitioning our programming to our new COVID-19 reality, re-introducing programming that had been postponed or delayed during quarantine and introducing new programming that reaches justice-involved individuals where they are. From carpentry training and HAZMAT certification to personal finance courses and recovery panels, we are working to set justice-involved individuals up for success the moment they return home. In 2021, we also expanded our New England Wildlife certification program to female justice-involved individuals, preparing them for careers

in veterinary care while giving back to their communities. And we have more on the horizon: just this month, we will be starting programming in resume writing, an employment boot camp, and a re-entry portfolio program. When justice-involved individuals enter our facility, we are prepared to make sure that their time here is spent setting themselves up for success when they leave.

Our service to Norfolk County also extends well past the walls of the House of Correction, which is why we spent 2021 improving the reach of our resources to county residents. This year, we piloted our first expansion of the Youth Leadership Academy to Franklin, ensuring that youth from all parts of the county have access to this empowering experience. I spoke with 28 select boards and city councils, sharing updates on ways the Norfolk County Sheriff's Office can be a resource to the communities we serve. We re-constituted and updated the Substance Use in Youth Task Force to make sure that we are tackling these issues from multiple community perspectives. We introduced a series of new programs, such as the Norfolk County Heroes Award, that recognizes the good work residents do across the county.



PATRICK MCDERMOTT

We also hosted several family-friendly events, such as our Back-to-School movie night and Holiday Happenings series. Our staff have been volunteering at events across the county, such as community clean ups, food drives, blood drives, COVID-19 vaccination clinics and more. We continue this work because our mission of public safety means doing everything we can to help residents feel comfortable, welcome, and secure in their communities. For 2022, there's more on the horizon, from the Coffee with the Sheriff tour to re-instating and updating our TRIAD program for senior safety, all while we continue to increase our community service and programming.

We accomplished a great deal in 2021, but my goal is to achieve more in 2022 to serve both those in our care and custody and all the residents of Norfolk County.

WHAT'S COOKING

with

Marie & Suzie

By MARIE D'OLIMPIO and SUZIE FALCO



Tomato-Spinach-Basil Soup

By MARIE

It's winter and it's cold outside. During the winter months, there is nothing like a simple soup to take the edge off a cold day.

Today's recipe is compliments of my niece, Jean who made this delicious tomato-spinach-basil soup. If you enjoy tomato soup, I think you are going to like this with the added ingredient of spinach and basil.

If you do not want to use the spinach then that will be fine also. This is great served with artesian bread or a grilled cheese sandwich!

INGREDIENTS:

2 tablespoons butter
1 large yellow onion, chopped
1 teaspoon minced garlic (optional)
1-1/2 cups milk (you can use any kind including Lactaid, Soy, Almond Coconut, etc)
1 (28 ounce) can tomato puree

1 tablespoon white sugar (optional)
2 cups fresh spinach, chopped
1/4 cup chopped fresh basil
1/2 teaspoon salt (optional)
1 tablespoon grated Parmesan cheese
Directions

1. Melt butter in a large saucepan over medium heat. Sauté onion and garlic for 3 minutes.
2. Stir in milk and cook for 2 minutes, stirring occasionally.
3. Stir in tomato puree and sugar.
4. Mix well, cover and bring to a boil over high heat.
5. Reduce heat to low and simmer, covered, for 5 minutes.
6. Add spinach, basil, salt and pepper and simmer, uncovered, for 2 minutes, stirring occasionally.
7. Sprinkle with Parmesan cheese, if desired.

Veggie Chili

By SUZIE

Here is a yummy vegetarian chili recipe that is loaded with vegetables and has a couple of unique ingredients. Raw cacao powder and maple syrup! These 2 ingredients together create a richness in veggie chili that it is many times lacking. Think of mole sauces that use cocoa powder and tomato/spices!!! You won't miss the meat in this recipe. This tastes better made ahead of time because the flavors even get more intense. You may need to add a bit more salt to this, depending on how you like it. ENJOY!!!

VEGGIE CHILI

1 tablespoon cumin
2 tablespoons chili powder
1 tablespoon raw cacao powder
3 tablespoons olive oil
1 chopped onion
4 garlic cloves, minced
1 1/2 cups diced mushrooms (any kind will do, I like baby bella)
1 zucchini, diced
1 diced sweet potato
Two 15-ounce cans of black beans, rinsed
One 15-ounce can of kidney beans, rinsed

One 14-ounce can of crushed tomatoes
2 tablespoons tomato paste
1 red pepper, chopped
3-4 cups veggie broth
2 tablespoons maple syrup
1 teaspoon sea salt
2 cups baby spinach

Chopped Diced avocado (optional)
Fresh cilantro (optional) but makes it so much better!!!

Saute olive oil, onion, pepper, zucchini, and mushrooms over medium heat for about 5 minutes. Add garlic and stir. Now add sea salt, cumin, and chili powder and saute a bit more then throw in 3 cups of broth and paste.

Simmer for a few minutes, then add in everything else except the spinach, cilantro, and avocado. Cover and cook on low, until potato is tender. At this point, You may need to add a bit more broth.

Cook about 30 minutes. Stir in spinach and cook until wilted. Garnish with avocado and cilantro.

Applesauce Brownies

By MARIE

A different ingredient has been added in today's recipe for brownies - applesauce - which gives the brownies a cake-like texture. Instead of the usual walnuts, I have used pecans in this recipe.

1/2 cup of butter
1 cup of flour
2 squares unsweetened chocolate (2 ounces)
1 cup of sugar
2 eggs well beaten
1/2 cup applesauce
1 teaspoon vanilla
1/2 teaspoon baking powder

1/4 teaspoon baking soda
1/4 teaspoon salt
1/2 cup nuts chopped.

Directions:

Heat oven to 350 degrees
Melt butter and chocolate over hot water.
Blend in sugar, eggs, applesauce and vanilla; add dry ingredients and blend into mixture.
Grease and flour a square 9 x 9 baking pan.
Bake 35 to 40 minutes or until toothpick comes out clean.



BENJAMIN O. OSUNSANYA



DONAL J. O'CONNOR

Two Quincy Students On St. Sebastian's School Honor Roll

Two students from Quincy are on the honor roll for the second quarter and first semester at St. Sebastian's School in Needham.

They are:

Benjamin O. Osunsanya, grade 8, honors and Donal J. O'Connor, grade 9, honors with distinction.

16 Students From Quincy On Northeastern University Dean's List

Sixteen students from Quincy have been named to the Dean's List for the fall semester at Northeastern University in Boston.

They are:

Eric Wu, majoring in economics/business administration; Fanny Zheng, majoring in computer science/business administration; Ali Hussein, majoring in electrical engineering; Christopher Alallam, majoring in mechanical engineering; Alp Tutkun, majoring in computer science/biology; Lillian Uong, majoring in mathematics/business

administration; Lizbeth Garcia, majoring in health science; Quan Thi, majoring in health science; Kiara Wint, majoring in nursing; QuangVinh Tran, majoring in biochemistry; Victoria Wawryszak, majoring in biology; Margaret Farrell, majoring in English; Niamh Mwafurirwa, majoring in Health Science. In addition to achieving distinction through the Dean's List,

Mwafurirwa is a member of the University Honors Program.

Also named to the Dean's List from Quincy are:

Horace Mai, majoring in computer science; Wilson Chen, majoring in biology; and Angela Wu, majoring in computer science. In addition to achieving distinction through the Dean's List, Wu is a member of the University Honors Program.

Isabel Kroeger Doherty On Dean's List

Isabel Kroeger Doherty of Quincy has been named to the Dean's List for the fall

semester at Norwich University in Northfield, VT.

Social Security Matters

Ask Rusty – Will My Social Security Benefits Ever Be Non-Taxable?

Dear Rusty: If we take our Social Security at our full retirement age (66 years and 6 months for both of us) and we both continue to work, what are the income tax consequences? Is there an age at which we can still work and draw Social Security without tax consequences on our benefits? **Signed: Overtaxed Couple**

Dear Overtaxed Couple: Regardless of when you claim your Social Security benefits, whether those benefits are subject to federal income tax depends entirely upon your income as reported to the IRS. This is true even if you collect Social Security benefits after you reach your full retirement age - there is no age at which SS benefits become exempt from Federal Income Tax. **Here's how it works:**

Taxation of your Social Security benefits depends on two things - first, the amount of your combined income from all sources (known as your Modified Adjusted Gross Income or "MAGI") and second, your income tax filing status (whether you file your income taxes individually or jointly as a married couple). Your "MAGI" consists of your Adjusted Gross Income (AGI) on your income tax return, plus half of your Social Security benefits received for the tax year, plus any other non-taxable income you may have had.

If your MAGI for the tax year exceeds certain thresholds, then some of your Social Security benefits are taxable at whatever your normal IRS tax rate is. If, as a couple, you file your income taxes as "married-filing jointly," and your MAGI is over \$32,000, then 50% of your Social Security benefits received during the tax year becomes part of your overall taxable income at whatever tax rate is standard for your income. But if your MAGI as a couple for the tax year exceeds \$44,000 then up to 85% of your SS benefits becomes part of your overall taxable income. If your MAGI as a married couple is less than \$32,000 then your Social Security benefits aren't taxable.

For those who file their federal income taxes as a single the thresholds are lower. If your MAGI as a single filer is \$25,000 or less, your Social Security benefits aren't taxable. However, if your MAGI as a single filer is more than \$25,000, then half of your Social Security benefits received during the tax year becomes part of your overall taxable income, and if your MAGI as a single filer is more than \$34,000 then up to 85% of your benefits for the tax year becomes part of your taxable income. But a word of caution for those who are married but choose to file taxes "married - filing separately" - if you file separately and live together at any time during the tax year, the threshold for taxation of Social Security benefits is zero.

So, Federal taxation of your Social Security benefits depends entirely upon your combined income from all sources and your income tax filing status - your age doesn't come into the picture at all, even if you are collecting Social Security benefits after your full retirement age. Be aware, however, that a dozen U.S. states levy an income tax on Social Security benefits, so you should check the tax laws in your state of residence to see if some or all your Social Security benefits will be taxed by the state you live in.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadviser@amacfoundation.org.



Horseradish (*Armoracia rusticana*) is a hardy perennial herb that has been cultivated for at least 3,000 years. It thrives in temperate climates, growing best in deep, rich soil in a sunny location. In early spring, before planting horseradish, spade or rototill the soil 8 to 10 inches down. Mix in generous amounts of compost or other organic material, then let the soil settle a few days before planting horseradish root cuttings.

- Brenda Wauer
Source: extension.umn.edu

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Sen. Keenan: Gov. Baker 'Truly Committed To Public Service'

By SCOTT JACKSON

Sen. John Keenan called Gov. Charlie Baker, who will not seek reelection this year, a truly outstanding public servant during a recent interview.

Keenan also said he is backing Maura Healey, the state's attorney general, in her bid to replace Baker as the Bay State's governor.

In December, Baker, a Swampscott Republican, announced he would not run for a third term as governor in this year's state election. At the same time, Lt. Gov. Karyn Polito, a Shrewsbury Republican, announced she would neither run for reelection nor for governor this year.

Keenan, a Quincy Democrat, said he has not always agreed with Baker but called him an outstanding public servant who did not harbor ambitions to run for another office during his tenure as governor.

"I think he's done a good job as governor. I don't agree with him on everything, but my feeling towards Charlie Baker is he is honest, he's hardworking, he's very intelligent, and I think he is truly committed to public service and ambition was not a factor during his eight years in the governor's office, meaning he was looking to another office. I think that makes him an outstanding public servant," Keenan said.

"I may disagree with some policies or directions or the way he handles certain things, but he brought integrity, hard work, intelligence, and commitment to his role as governor, and we need more of that. He also brought a willingness to work with people and that is not the same in the national environment right now, but it is true in Massachusetts.

"The governor, the House and the Senate work well together, Republicans and Democrats work well together, and you take that from leadership at the top in the House, in the Senate and in the executive branch. He focused on that at the end of his State of the Commonwealth address. I thought that was the highlight of his speech. I thought he delivered it really well and made

the point very clearly, that that is something we have to strive for all the time."

Keenan said he has also developed a good working relationship with members of the governor's cabinet.

"I also established really good relationships with the people he has in some key positions. Secretary of Health and Human Services Marylou Sudders, I knew her before she got into that position and she's been very good to work with. The secretary of transportation, Jamey Tesler, we've met with him a few times...on transportation issues. Secretary [Mike] Kennealy on housing issues, we're in regular contact with him. The governor has put some good people in place," Keenan said, also referring to Stephanie Pollock, the state's former transportation secretary who now works for the Federal Highway Administration.

"He's put some good people in place, and they have been good to work with. I don't agree with everything, but there is that communication and commitment to working with each other that has been there I think for eight years."

The Democratic candidates running for governor this year include Healey, who is finishing her second four-year term as the state's attorney general; Danielle Allen, a professor at Har-

vard University; and Sen. Sonia Chang-Diaz, who has served on Beacon Hill since 2009.

During the recent interview, Keenan said he would be supporting Healey in the race to succeed Baker.

"In the governor's race, I will support and endorse Maura Healey. I've known her for a while now. Our paths have crossed in the past. We both while we were in college worked at the equipment room at Harvard University. She is younger than I am, but we worked for the same folks," Keenan said.

"But beyond that my dealings with her during my time in office and her time in office with her and her staff have just been really, really good. I find her to be really impressive, hard-working, honest - all the same things I talked about with Charlie Baker. Hard-working, honest, bright, willing to work with other people. She checks all those boxes."

Three Democratic members of the legislature are running for lieutenant governor in their party's primary election - Sen. Adam Hinds, Sen. Eric Lesser and Rep. Tami Gouveia - as is Salem Mayor Kim Driscoll.

Keenan said he has yet to make an endorsement in that race.

"In the lieutenant governor's race, I've got some friends that are running.

Two members of the Senate, Eric Lesser and Adam Hinds, both from Western Mass. Both very talented, very bright, very capable people running. I would be hard pressed at this stage to choose between either one of them. And then Rep. Gouveia in the House. Same thing - very talented, very capable," Keenan said.

"That one, I have had conversations with folks, but I have not decided to endorse anybody."

Keenan, who has represented the Norfolk and Plymouth District in the Senate since 2011, said he plans to run for reelection this year.

"I'm running for reelection. I have not made a formal announcement I am running for reelection, but I like my job and there are some things that I would like to get done in this legislative session and in future legislative sessions, so I am running again for state Senate," Keenan said. "The district is a little bit different, but yes, I am running."

Voting in this year's state election will take place around new district lines. New legislative maps approved last year moved several areas of Braintree out of the Norfolk and Plymouth District and into a neighboring one. In exchange, the entire town of Hanover was added to the Norfolk and Plymouth District.

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On Jan. 30, 2022, at approximately 12:19 p.m., multiple officers were dispatched to the Star Market Grocery Store located at 130 Granite St. for a report of a shoplifting in which the suspect "showed a gun." While responding, dispatch informed officers that the suspect fled the scene and went down an alley to the area behind the store. The suspect was described as a short black male, with jeans, a gray hoodie, and a hat with an "H" on it.

Officers immediately began checking the area for the suspect while Officer Reilly went directly to the store to speak with the caller and a member of Loss Prevention. An employee assigned to Loss Prevention (LP) stated that he was observing a male in the store because he recognized him from previous shoplifting incidents.

When he observed the suspect walk out of the front entrance of the store, without paying for items, he asked a cashier to contact the police. As the cashier did this, LP confronted the suspect. The suspect denied not paying and stated that his "wife paid." LP knew this to be untrue as the suspect was alone.

The suspect began to argue with LP and opened his jacket in a "threatening" manner (as if to show him something). LP observed a baton in one of the jacket's inside pockets. The

A Job Well Done

By QUINCY POLICE SGT. KARYN BARKAS

Public Information Officer

Quincy Police Department

cashier, who had followed LP as she spoke to the 911 dispatcher, began yelling "gun" and screaming that she saw a "gun." When LP heard the cashier yelling "gun," he backed away from the suspect. The suspect then ran off with the stolen items.

Officer Reilly then spoke with the caller/cashier. She was very upset. She was breathing heavy and shaking as she spoke to Officer Reilly. She stated that while the suspect was arguing with LP, the suspect opened his jacket in a "threatening" way. She believed he was trying to display something to LP. From her angle she couldn't see a baton, but she saw what she described as the "back part of a firearm." She further stated that she saw the "black" back of a gun sticking out of an inside pocket of the jacket.

When the man opened his jacket in the threatening way, it appeared he was going to reach for the handgun. She stated she was terrified for everyone's safety. She started yell-

ing "gun" and "he's got a gun" and added that she was still on the phone talking to the 911 call taker while she did this. The suspect became aware that attention was being drawn to him. He closed his jacket and grabbed the items he stole from the store and ran toward the alley next to the store.

As Officer Reilly interviewed the victims, Officer Donnelly spotted a male matching the description walking on Quarry Street, near Kidder Street. Officer Donnelly detained the suspect and placed him into handcuffs for officer safety. Officer Rolfsen conducted a pat frisk of the suspect. Officer Rolfsen discovered an expandable baton in the suspect's pants. No firearms were located.

The suspect denied being at Star Market, but he appeared to be the same individual officers observed from security camera footage of the grocery store. Officer Jackson, and his k9 partner Luna, were later dispatched to the scene to conduct a search of the area for the alleged handgun. No firearm was recovered.

The suspect, a 34-year-old from Quincy, was arrested and transported to the Quincy Police Station where he was booked in the usual manner. He was charged with armed robbery. The baton and surveillance footage from Star Market were placed into evidence.

Great work!

QUINCY POLICE CRIME AWARENESS JOURNAL

FRIDAY, JAN. 28

VANDALISM/PROPERTY (two cars/tires slashed), 12:58 p.m., Doble Street. Two cars parked in the driveway - Ford Fusion and Mazda CX5.

LARCENY (battery jumper), 5:44 p.m., Copeland Street. Caller states someone just stole his battery charger off of his motor vehicle while it was charging. There are cameras in front of where motor vehicle was parked. Battery charger was re-acquired by the owner of the gas station across the street who loaned the charger to the caller. No larceny.

LARCENY (coat and merchandise), 11:02 p.m., Walmart, Falls Boulevard. Caller says her store carriage was stolen within the last 30 minutes. Had her coat and keys as well as other merchandise. Caller is at the front of the store inside. Report filed.

SATURDAY, JAN. 29

LARCENY (money/credit card), 9:38 p.m., East Elm Avenue. Reporting party states roommate stole money and used his credit cards. Officer at station, will call the reporting party. Report.

SUNDAY, JAN. 30

ATTEMPTED RAPE (past), 8:21 a.m., Hancock Street. Reporting party called and wants to file an attempted rape that happened yesterday morning at the Adams Inn. Reporting party is in Roxbury. Spoke with the shift sergeant and he informed detectives and QPD informed reporting party to go to the hospital and QPD will send an officer over to file a report. QPD informed reporting party to call once she is at the hospital BMC. Report to be filed.

ARMED ROBBERY (just occurred), 12:19 p.m., Granite Street. Arrest made. Male showing gun. Co-worker thought she saw gun in jacket. Went behind Fruit Basket. Short black male, jeans and black jacket, behind Walgreen's in the alley. Hat with a capital H on it in gray. White hoodie, gray jacket on top. Female employee saw butt of black gun inside jacket. 785 checking rear of Walgreen's/Fruit Basket. ACU3 out with possible suspect just before Sons of Italy. 775/785 with him. K-13 starting search from Quarry/Kidder. Report filed.

VANDALISM/PROPERTY (female), 11:01 p.m., Southern Artery. Gone on arrival. Female was upset they closed. Kicked door and cracked it. Older female, 5'7", light blue jacket, blonde hair. Fled on foot towards CVS. No female matching description in CVS or lot. Suspect gone on arrival. Report to be filed. Requesting BCI follow-up.

MONDAY, JAN. 31

LARCENY (package delivered), 9:33 a.m., Newport Avenue. From the front porch outside. FedEx gave confirmation was delivered. Has paperwork. Needs police case # for FedEx and credit card company. Can give a call to reporting party for a case number. Report to be filed.

VANDALISM/PROPERTY (vehicle), 2:07 p.m., Baystate Road. Report to be filed.

LARCENY/MOTOR VEHICLE (back), 4:07 p.m., Germain Avenue. Stolen this afternoon. Possibly has suspect info. Phone in the car.

TUESDAY, FEB. 1

LARCENY (5 packages), 3:15 p.m., West Squantum Street. Has video of male taking packages from five

different tenants. Taken from the package room by male tenant. Front door lobby area to meet reporting party. Report to be filed.

LARCENY (stand by), 6:11 p.m., Hancock Street. Stand by while caller gets his belongings left in room. Caller is now in room 331 and said he left stuff behind in room 323 which has now been rented to someone else. Report to be filed. Arrest for larceny over.

WEDNESDAY, FEB. 2

LARCENY/MOTOR VEHICLE (scooter), 3:17 p.m., Clay Street. Stolen in August 2021. Wishes to report now. Party will come to QPD station to fill out larceny motor vehicle form tomorrow when she has more information. Signed theft report Feb. 3, 2022 3:10 p.m. Vehicle added to motor vehicle filed. Plate she gave lists to a different scooter she owns? Will have to follow up.

LARCENY (medication), 4:43 p.m., Southern Artery. Caller thinks someone broke into her home and stole her medication. Caller would like to speak over the phone because she was a close contact with someone who had COVID. Report written.

THURSDAY, FEB. 3

ASSAULT AND BATTERY (punched in face), 12:12 a.m., Hancock Street. In QPD lobby. States approximately 30 minutes ago she was punched in the face by another female while at the Cathay. Doesn't know other female's information. Report submitted.

Total Calls for Service (Jan. 28 - Feb. 3): 1,004

Breaking & Entering Motor Vehicle: Rawson Road
Larceny Motor Vehicle: Germain Avenue, Clay Street

Elders Affairs Committee Advances Legislation To Improve Care For Seniors

Improvements to senior care are on the way from the State House, as the Joint Committee on Elder Affairs announced favorable committee reports on three key bills.

State Rep. Thomas Stanley and state Sen. Patricia Jehlen, co-chairs of the Joint Committee on Elder Services, announced the advancement of bills involving assisted living facilities, licensing of home care agencies, and safety of home care workers.

"Seniors and people with disabilities deserve access to the best possible level of care we can provide," said state Rep. Bruce Ayers (D - Quincy), a member of the Elder Affairs Committee. "I'm proud to have supported these important bills that will improve the quality of life for so many of our

residents, and will cultivate easier access to these vital services."

"The pandemic laid bare serious problems and shortcomings in long term care to elder citizens. We have the opportunity and responsibility to address these issues by enacting appropriate and, in some cases, long overdue legislation to remedy the problems," said Representative Stanley. "These three bills respond to the urgency to act now and ensure our long-term care and support systems meet the needs of older adults. We look forward to working with our colleagues in the House and Senate on advancing these bills as quickly as possible."

"We're taking important steps to strengthen the entire continuum of care," said Sen. Jehlen. "These bills will help older people and

those with disabilities live safely and with dignity in the setting of their choice."

Bills favorably reported out of Elder Affairs Committee:

An Act authorizing common sense health services in assisted living (S409/H753)

- Establishes a core list of basic health services, expandable by regulation, for Assisted Living Residences (ALRs) to opt-in to:

- o application or replacement of simple non-sterile dressings

- o management of oxygen
- o application of ointments or drops
- o injections & monitoring (ex: insulin)

- Provides standards for LPNs and on-call RNs as well as oversight by Executive Office of Elder Affairs (EOEA) and the Legislature

- Codifies key principles of a Public Health Emergency Order to ensure continuity of care for residents

- Reduces health costs for residents

- Helps keep residents in the community and out of more expensive institutional settings

An Act to improve Massachusetts Home Care (H748/S419)

Home Care Licensure: Breaks new ground by regulating entire Home Care Industry

- Sets definitions of Home Care Agency Worker and creates penalties for noncompliance

- Provides consumer protections by requiring disclosure of services and rates, and sets standards of suitability through reporting

- Creates transparency requirements for all Home

Care businesses including requiring financial disclosures, background checks, standard services plans including rates and costs established by EOEA, and requirement for ongoing worker training in confidentiality, abuse reporting and infection control.

- Guarantees appropriate levels of training and competency and well as liability insurance

- Provides worker & anti-discrimination protections for home care workforce including Personal Care Attendants (PCAs)

An Act to strengthen emergency preparedness for home care workers (H756/S404 with H726)

- Requires metrics to automatically trigger hazard pay for home health workers in the event of an emergency

- Requires the Executive

Office of Health and Human Services (EOHHS) to develop and implement an infection control training program for home health workers as part of their employment training.

- Mandates regular reporting by the Administration on the availability and quality of Personal Protective Equipment (PPE)

- Improves the home care worker registry to ensure effective communication with workforce

The Elder Affairs Committee continues to develop Nursing Home legislation, extending the reporting date for 20 bills to May 16, 2022. Topics of these priority bills include addressing job standards and quality of care, staffing ratios, strengthening laws to protect patients from abuse and neglect, right-sizing nursing facilities, and promoting innovation.

New Veterans Services Director: 'I Love What I Do'

Cont'd From Page 1

Wreaths Across America program to Quincy, starting at Mount Wollaston Cemetery in 2018 and branching out to the city's other cemeteries, including Pine Hill, the following year. The program has continued on since then, even amid the pandemic.

During the annual event, volunteers place a wreath on the grave of each veteran interred within Quincy's cemeteries.

"Wreaths Across America is an opportunity, I think, for the community to say 'thank you' to our veterans who have passed," Cugini said. "It also shows the families that their loved ones are being remembered and we are grateful for them and their service."

Moving forward, Cugini plans to remain involved with the Wreaths Across America program, though she is unsure if she will remain the local coordinator for it.

"I think I will always have my hand in it. I'll al-



"WREATHS ACROSS AMERICA is an opportunity, I think, for the community to say 'thank you' to our veterans who have passed," said Christine Cugini, coordinator of the local Wreaths Across America program and the new executive director of Quincy Veterans Services. She is shown here speaking at last year's event at Mount Wollaston Cemetery. "It also shows the families that their loved ones are being remembered and we are grateful for them and their service," Cugini added.

Quincy Sun File Photo/Tom Gorman

ways be part of it," she said. "I'm not sure I'll continue to be the spearhead person for it, but I will always be a part of it."

Of her recent appointment to lead the Veterans Services Department, Cugini said she was "honored and very grateful to be given the opportunity of this position and being able to help the veterans and their families of Quincy."

Cugini said that Nicholson, her predecessor, "has been very supportive and kept the door open" for communication since his retirement, and credited him for his knowledge of VA benefits. Cugini also credited George Bouchard and Elizabeth Chencharik, the department's graves registration officer and secretary, respectively, for their assistance.

"George and Elizabeth are both very knowledgeable in their roles," Cugini said. "Their experience will be extremely helpful to me."

Among the roles the Veterans Services Department is tasked with completing is disbursing Chapter 115

funds to eligible veterans. The program is funded by the city with the state providing partial reimbursement. The department also helps local veterans access other federal and state benefits for which they may be eligible.

Another important piece is the management of veterans' grave, which Bouchard oversees as graves registration officer. The department also plans the city's annual Memorial Day and Veterans Day observances and collaborates with local veterans' organizations, such as the American Legion and Veterans of Foreign Wars, on other events.

As the new director of the department, Cugini said she would like to create a database of all the city's veterans and also reach out to servicemembers as they enlist in the military.

"A lot that I want to accomplish is really getting an idea of who lives here in Quincy that served and letting them know what's available to them," she said.

"Another big thing I'd like to see is starting the

communication with our servicemembers when they join, and not wait for them to come to us, but hopefully build a relationship with the local recruiters so that they know the office is here and what's available to them."

Cugini also wants the department to work with the school system to get the city's children involved.

"Another big thing is getting the kids involved a little bit more, work with the schools to see how we can have the kids participate, be seen, and learn more about the veterans here and what they've done," she said.

"During Wreaths Across America this past year there were quite a few students and we had a local Gold Star family speak that day. I think having the kids hear a real-life story of someone local made a difference."

Cugini grew up in Brookline and has lived in Quincy for the past 25 years. She has three children — two who have graduated Quincy High School and one who is a freshman there.

"I call Quincy home," Cugini said.

Only One Type of Driver Monitoring System Works, But It's Not Foolproof

AAA Research Reveals Steering Wheel-Based Systems Used By Tesla And Others Are Inferior

As vehicles become increasingly automated, automakers realize some technology may give drivers the false sense that the vehicle can drive itself.

To counter this, driver monitoring systems with either a camera or steering wheel detection are used to prevent the deadly consequences of a distracted driver.

New real-world testing by AAA found systems using a driver-facing camera are best at keeping motorists focused on the road. Unfortunately, the technology is not foolproof and a driver determined to cheat the system can defeat it.

"The key to a safe active driving assistance system is effective driver monitoring that can't be easily tricked," said Mary Maguire, Director of Public/Government Affairs. "Vehicle technology has the potential to improve roadway safety, but the last thing we want are ineffective features in the hands of uninformed or overconfident drivers."

Active driving assistance systems are widely available and often called semi-autonomous because they combine vehicle acceleration with braking and steering. Since its introduction, there have been numerous newsworthy instances of drivers misusing the systems by watching videos,

working, sleeping, or even climbing into the backseat. This behavior can go undetected by the vehicle and, in some cases, result in deadly crashes.

To prevent such activities, vehicles with this technology monitor drivers using either a camera-based system, which watches their face, or a system that monitors steering wheel movements. AAA test drove four popular makes and models in real-world conditions on a California highway to evaluate these systems' effectiveness.

Key research findings include the following:

- Camera-based systems alerted disengaged drivers 50 seconds sooner and were more persistent than those detecting steering wheel movement **when the driver was looking down with head facing forward, hands off the wheel.**

- Camera-based systems alerted disengaged drivers 51 seconds sooner compared to steering wheel movement **when the driver was facing away from the road, looking at the center console, with hands off the wheel.**

- On average, the percent of time test drivers were engaged was approximately five times greater for camera-based systems than for steering wheel systems.

- Steering wheel moni-

toring required only minimal input to prevent system alerts, allowing up to 5.65 continuous minutes of distraction (at 65 mph, equivalent to over 6 miles of disengaged driving). In comparison, camera-based systems allowed 2.25 minutes of distraction during the ten-minute long test drive.

- Even after issuing multiple warnings of inattentive driving, both systems failed to disable the semi-autonomous features and force the driver to take the wheel and pay attention.

"Regardless of brand names or marketing claims, vehicles available for purchase today are not capable of driving themselves," said Ms. Maguire. "Driver monitoring systems are a good first step to preventing deadly crashes, but they are not foolproof."

AAA recommends that automakers opt for camera-based driver monitoring systems over steering wheel monitoring; however, more refinement is required to prevent driver distraction and misuse. Before releasing this report, AAA met with automakers to provide insight from the testing experience and specific recommendations for improvement.

Vehicles equipped with camera-based driver monitoring systems were significantly better at preventing

each type of tested distraction scenario by issuing alerts faster and more persistently than a steering wheel system, no matter the external lighting conditions. On average, the percent of time test drivers were forced to focus on driving was five times greater when facing a camera than with steering wheel input.

Both driver monitoring types were prone to being intentionally fooled, although those using a camera were harder to trick. AAA test drivers attempted to stymie monitoring system alerts with periodic head or eye movement and manipulating the steering wheel. Each driver was given the discretion to develop their cheat strategy, and it should be noted that no external devices, tools, or aids were used.

AAA continues to urge automakers to adopt an industry standard naming convention, for vehicle technology to prevent drivers from misunderstanding the capabilities of catchy, marketing-driven branded names for popular systems.

Methodology

AAA conducted naturalistic driving evaluations on a 24-mile loop on a limited-access toll road in Southern California. The testing used four popular makes and models paired with a leading safety spotter vehicle.

All test drivers and spotters were AAA researchers. Each simulated driver distraction test ran ten minutes and used three methods:

1. Hands off the steering wheel, head up facing the road but gazing down.
2. Hands off the wheel, head and gaze aimed down to the right toward the center console.
3. Active circumvention or attempting to "beat the system" through a variation of gaze/head placement and periodic steering wheel input.

AAA selected four vehicles for testing, choosing two of each driver monitoring design type, camera-equipped and input from the steering wheel. The vehicles were as follows:

- 2021 Cadillac Escalade with "Super Cruise™" using a driver-facing infrared camera
- 2021 Subaru Forester with "EyeSight®" and Driver Focus using a driver-facing infrared camera

- 2021 Hyundai Santa Fe with "Highway Driving Assist" (steering wheel)

- 2020 Tesla Model 3 with "Autopilot" (steering wheel)

The vehicles were procured directly from the manufacturer or specialty rental fleets. AAA chose the test route due to its consistent traffic volume moving at or near the posted speed limit of 65 mph to make the testing as safe as possible.

Active driving assistance, which is classified as Level 2 driving automation on SAE International's scale of Level 0 to Level 5 and includes lane-keeping assistance and adaptive cruise control, provides the highest level of automated vehicle technology available to the public today. It also means that constant driver supervision is required. Most drivers will only interact with vehicle automation through these systems, which according to previous AAA research, are far from 100 percent reliable.

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Real Estate

Quincy Real Estate Transactions Jan. 31 - Feb. 4

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER

Oscar B. Ruiz & Ana D. A. Paz
James R. Norton
The Estate of Valerie Caldas
Sweeney Funeral Service Inc.
Susan P. Devlin Trust
William A. & Anne M. Kennedy
Xiaomeng Sui
Cheuk M. Ho & Li Li
EJS Investments Inc.
Jionglin & Yongyu Tan
Choi Ha Ng Trust
EJS Investments Inc.
Michael & Charles R. Devin
Nancy Daniel
MacDonald Family Nominee Realty Trust
Catherine A. Wood Revocable Trust
Anne Ferguson
Weng Properties Trust
30 Town Hill Street Trust & 36 Town Hill Street Trust
Petrone Realty Trust
Marenglen & Sofiela Kadilliu
Tinney Family Trust
Ding R. Gao & Ying Z. Li
Song Lin Trust
Shirui Lin

BUYER

Jieliang Guo & Cheng H. Zheng
Christine B. Arismendi & Fernandco Serrano, III
Tracy L. Caldas & Jezreel Guadalupe
Quincy 4 6 South LLC
Martin J. McGovern & Tomas A. Hannon
Quincy Community Action Programs Inc.
Chi W. Lam & Biu S. Yip
Pui L. Lam & Jian Zhao
John P. Driscoll
Dan Zheng & Wendy Wang
Li Chen
Erdi Kembora
Matthew Palmer & Lisa Barr
Jonatas Stork
39 Burns Avenue Trust
Cunyong Lu & Wei Zheng
Noel Altabareh
Le Deng & Lu Zhang
Christina M. Lam
Miroslaw Zyndol & Edyta Bartoszezewska-Zyndol
Christina Thai & Justin Nguyen
Jianzheng Yu & Miaoyun Li
Song Lin Trust
Zengxi Gao
Joshua M. Jones & Anna M. Ferenc

AMOUNT

\$445,000.00
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\$455,000.00
\$2,000,000.00
\$400,000.00
\$1,200,000.00
\$287,000.00
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39 Botolph Street
55 Holmes Street
50 DesMoines Road, Unit H4
1022 Hancock Street, Unit G-07
15 Edwards Lane
39 Burns Avenue
328-330 Belmont Street
20 Miller Street, Unit 1
86 East Howard Street, Unit 208
30 Town Hill Street, Unit 30C
10 Seaport Drive, Unit 2515
315 Highland Avenue
30 Water Street
54 Botolph Street
45 Oval Road, Unit 25
98 Edwin Street

Registry Of Deeds Holiday Food, Toy Drive Success

Norfolk County Registrar of Deeds William P. O'Donnell says he sincerely appreciates everyone who contributed to the Registry's 2021 Annual Holiday Food Drive and Toys for Tots collection.

"Despite the ongoing pandemic, both our Holiday Food Pantry Drive and Toys for Tots collection were a great success," O'Donnell said.

"I am thankful for the generosity of so many Nor-

folk County residents who took the opportunity to donate and to help make the holiday season a little more special for those facing hardships. I'm also grateful to our employees who contributed and helped to orga-

nize the drives," he said.

The non-perishable food collected during the drive is dispensed to several pantries throughout Norfolk County and in early December several boxes of toys were delivered to the U.S. Marine

Corps Reserve depot at the Convention Center in South Boston.

"While the holiday food drive has ended," O'Donnell said, "it does not stop hunger from affecting many of our neighbors. A report done

by Project Bread noted that approximately 1 out of 10 households in Massachusetts are considered food insecure and 1 out of 8 Massachusetts children are in the same category. Altogether

Cont'd On Page 13

Ask Barbara Graceffa: Life Is Too Short For Ugly

Over the years, I have collected most of your columns to create an eventual house-warming gift for my granddaughter. Do you have some golden rules of decorating I can add? Sally

Wow, thank you. I won't lie, I love groupies! And now maybe you'll add an intergenerational one, too.

Did you know that my columns also appear in my blog at <https://secretaryinteriordecorating.blog/>? Tell all your family members and friends near and far!

The title of this column comes from a quote from interior designer David Fuller, "Design because life is too short for ugly." I am pleased to share some of my favorite golden rules of decorating:

An empty room is a story waiting to happen, and you are the author. -- Unknown

If you love something, it will work. That's the only real

rule. -- Bunny Williams

The first rule about decorating is that you can break almost all the other rules. It is more important that the decor in your home reflects your living style and your personality than any conventional rule. -- Billy Baldwin

Interior is the natural projection of the soul. -- Coco Chanel

Personalize your space. ... But don't mistake "personalizing" with clutter and always assess/edit your collection. -- Sarah X

Be faithful to your own taste because nothing you really like is ever out of style. -- Billy Baldwin

A room should be beautiful even without furniture. -- Barrie Livingstone

Architecture is the bones, décor is the heart, and art is the soul of a room. -- Terri Lynn Davis

A room should feel collected ...not decorated. -- Unknown

The most important thing in decor? Perfect lighting at all times. The right kind of lighting in the right space will

add a glow and a warmth to your surroundings. -- Oscar de la Renta

Design is about making people happy, either functionally, aesthetically, or emotionally. -- Robin Siegerman

Real comfort, visual and physical, is vital in every room. And the most important thing is to make your home livable. A well-designed home is one that is both comfortable and functional. -- Mark Hampton

Balance function and amazing style with quality and great design. -- Elizabeth Aurandt

Have nothing in your house that you do not know to be useful or believe to be beautiful. -- William Morris

Create that safe haven so your mind can relax and your soul can explore. -- Hoda

I'll share some more tips on color, window treatments, and more in my next column.

Barbara Graceffa owns Secretary of the Interior in Quincy, offering creative solutions at reasonable rates. Learn more about her decorating, decluttering, and home staging services, workshops and quilt shows at www.sec-interior.com, and follow her on [instagram.com/secretaryinteriordecorating/](https://www.instagram.com/secretaryinteriordecorating/) and [secretaryinteriordecorating.blog](https://www.blog/secretaryinteriordecorating.blog/).

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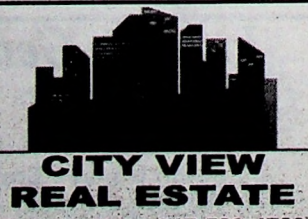
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Quincy Interfaith Clergy Join Quincy4BlackLives Standout

By MIMI BALSAMO
Coordinator
StandOutQuincy-
4BlackLives

The stalwart supporters of the StandOut Quincy4BlackLives who meet weekly to stand in solidarity with BIPOC were happy to be joined by clergy from the Quincy Interfaith Network (QIN) on Feb. 3rd, as we began Black History Month.

Among those who joined us were Reverend Liz Williams, pastor, Wollaston Congregational Church; Reverend Alissa Oleson, pastor, Good Shepherd Lutheran Church; and Sister Marie Therese SCN.

In addition, Rabbi Dr. Alfred H. Benjamin, (Rabbi B) Congregation Beth Shalom of the Blue Hills, also joined his fellow clergy and, as always, spirits were high and hopeful among our group, despite news of ongoing threats at black colleges around the country and antisemitic threats more locally.

The Quincy Interfaith Network's mission is "to gather and lift up the voice and witness of people of faith and conviction in the public sphere to promote



justice, inclusion, and interfaith community action." This makes StandOut Quincy 4 Black Lives a natural fit for for QIN support.

StandOut Quincy is a

joint venture of Quincy For Transformative Change (QFTC) and United First Parish Church, (UFPC) Church of the Presidents. Our purpose is to bring fo-

cus to issues of racism and inequity in our city and to improve the quality of life for all our residents.

We actively support the City Council's resolution

seeking \$75,000 in funding for a Department of Social Justice for the City of Quincy. We have continued to support the students in Quincy and their families as

they seek to be educated in a safe, equitable, and respectful environment. Please come by to stand with us any Thursday afternoon. We'd love to see you.

Keenan Undecided On Baker's Tax Cut Proposals

Cont'd From Page 3

to work with legislature to address the issue.

"The healthcare system doesn't value behavioral health services, primary care and geriatric services. As a result, there are enormous staff and clinician shortages in exactly the areas of care that we need most," Baker said.

"We know the legislature cares deeply about this issue, and we look forward to working with you to finish this work during this legislative session."

Keenan said the governor's comments on mental

health drew his attention.

"He talked a fair amount about behavioral health, which is something I've been involved in for a while," Keenan said. "We've seen the number of overdose deaths increase dramatically over the last two years, we've seen the incidences of behavioral health crises and behavioral health conditions increase over the last two years and he recognized that, and his budget reflects a commitment toward addressing some of those issues."

"We had passed a bill in the Senate to address be-

havioral health, particularly mental health, where the main goal was to seek parity between medical health. So, you can go in annually for a physical - check your blood pressure and your vitals - and the insurance companies cover that. Part of that would be also a mental health wellness exam where when you go in for your physical, there would be some questions and some discussion about your mental health kind of as a screening. The goal would be to make that covered by insurance as well."

The Senate bill also in-

cludes "a focus on training E911 call takers and dispatchers on recognizing mental health calls and crises," Keenan said, and how to properly respond to such calls.

"The idea is when call takers get calls, that they are better equipped to identify it is a mental health issue, they would advise the officer, and that will result in the officer being aware of the situation going in. And then also just training officers on mental health response is something that is in the Senate bill," Keenan said.

"Then there is also the

issue of emergency department boarding, which has gotten worse during the pandemic," the senator added. "People go to the emergency department in acute mental health situations because they have nowhere else to go. The Senate bill would establish a real-time search tool relative to finding beds for people. It would require emergency departments to have a behavioral health clinician on site all the time. It does other things along those lines. It takes away the need for prior authorization in mental health situa-

tions where you don't need them in physical health situations."

Keenan said he anticipates the legislature would be able to pass a mental health bill in some form in the near future.

"The governor highlighted it, the Senate has passed legislation, the House is working on things, so I am pretty confident we will have some sort of mental health bill hopefully on the governor's desk sometime relatively soon - certainly before the end of the session," he said.

Registry Of Deeds Holiday Food, Toy Drive Success

Cont'd From Page 12

there are 266,500 food insecure households in Massachusetts.

"I urge residents to continue their generosity by dropping off supplies at their local pantries," O'Donnell said. "Beside food, many pantries are requesting toiletries and paper products. Dropping off a donation at your local food pantry can make a world of difference to a struggling family, especially in the winter months when the cost of fuel can play havoc with a family's budget."

For a list of food pantries, visit the Registry of Deeds website at www.norfolkdeeds.org

of the menu bar, click on News and Events and then in the drop down box click on "food pantries".

To learn more about these and other Registry of Deeds events and initiatives,

like us at facebook.com/NorfolkDeeds or follow us on [Twitter.com/NorfolkDeeds](https://twitter.com/NorfolkDeeds) and [Instagram.com/NorfolkDeeds](https://instagram.com/NorfolkDeeds).

The Norfolk County Registry of Deeds is located

at 649 High St. in Dedham. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities and others with a need for secure, accurate, accessible land re-

cord information. All land record research information can be found on the Registry's website www.norfolkdeeds.org.

Residents in need of as-

sistance can call the Registry of Deeds Customer Service Center at (781) 461-6101, or email registerodonnell@norfolkdeeds.org.

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Six Councillors Seek Residential Tax Exemption

Cont'd From Page 1

two council terms, but no action was taken on those bills before the terms came to an end.

Palmucci on Monday said Quincy residents should benefit from the development seen in the city in recent years.

"The crux of this is that Quincy residents need to benefit from the development happening in the city. Development doesn't work if existing residents don't receive some sort of benefit from it along the way," Palmucci said.

"This would essentially guarantee that Quincy residents benefit from future development because the broadening of the tax base by rental properties, these large high-density development rental properties, would only further increase the amount of the exemption, thus making taxes lower for Quincy residents."

"The more development, the greater the benefit to existing residents."

Liang said Quincy does not have enough of a commercial tax base at the moment to offset the cost the residential tax exemption, based on conversations she has had with city assessor Colleen Healy. Liang was optimistic a solution could be found that would make the tax exemption feasible.

"We simply don't have that commercial base yet to offset it enough to create this exemption, however, that doesn't mean that we're going to stop. We continue to work hard at this," Liang said.

"I just want to thank Col-

leen and the administration for continuing this conversation knowing it is a priority of ours. I'm grateful to my colleagues for reintroducing this and making sure we're continuing to beat this drum, because even though we don't have a solution right now, it doesn't mean that we're not going to keep putting our heads together."

Andronico said he has heard from some residents who are worried they may no longer be able to afford living in Quincy. Other communities in the area have already adopted the residential property tax exemption, he added; Boston, Malden and Somerville are among the communities that have done so.

"This past January I did hear from more and more residents who got their new tax bill just to let me know how they felt about the increase which we did approve and the city of Quincy in general - how they've grown up here and they are concerned about, moving forward, how they are going to be able to continue to live in the only city that they've known," Andronico said.

"This property tax exemption is something that is not new to Massachusetts. It's something that other municipalities in Greater Boston have implemented and I do think this is something Quincy can attain in the near future."

Mahoney said the administration has purchased several properties, such as the Munroe Building in Quincy Center, in recent months using American Rescue Act Plans without City Coun-

cil approval and such purchases impact the city's tax revenue. The city is also spending too much money, she added.

"Commercial can only grow if we actually grow the commercial, but as we're taking things offline, that also causes a problem to the taxpayers of the city of Quincy," Mahoney said.

"Also, I'm just going to mention the fact that we had ARPA money that is coming in from the federal government that can be used to offset many things that we're doing. And, the spending we're doing in Quincy is becoming out of control. We have to balance all of those things otherwise people really won't be able to afford to live here. The problem is once we overspend, the person we go back to is the

residential homeowner, and we can't do that anymore."

Ward 3 Councillor Ian Cain said he appreciated his colleagues bringing forward the legislation to establish the residential tax exemption in Quincy and said it was worthy of continued discussion.

"It's a complicated equation that we're trying to figure out here. Obviously a huge consideration into why the taxes continue to go up is around home-value assessment - the increased obviously appreciation and inflation of home values across the city due to a limited supply. We're obviously not growing a certain stock of homes in the city anymore, which drives the value up," Cain said.

"I think another side of this is thinking about what

we're willing as a body in our power as the city council to cut significant amounts of the budget structurally in order to make room for this exemption to take place.

"I think we're going to have to be really clever and I look forward to hearing more by way of discussion when this does come before committee and exploring really innovative ways for us to come up with financial solutions."

Palmucci said budget cuts would not be necessary if the residential tax exemption were approved. Instead, the city could shift the tax burden to rental properties.

"Anybody that is eligible for an exemption would get this exemption - this certain percentage of their taxes," Palmucci said. "That would be made up for not in bud-

get cuts and loss of service, but in the tax bills going up for properties like Avalon or other high-density rental properties or even non-high-density rental properties."

DiBona, the council president, said he was happy to cosponsor the legislation to establish a residential tax exemption in the city.

"After the new year, I always get an abundance of emails and phone calls with the new tax bills," coming out, DiBona said.

"We have to look at the fact that our senior citizen population, our families that are trying to stay in their houses with the inflationary rate at 6, 7 or maybe even up to 10 percent in some areas, and also our veterans that are trying to get back into society and live in their houses."

North Quincy Library Branch Now Open

The Thomas Crane Public Library announces that after an extensive renovation, the North Quincy Library Branch at 381 Hancock St. reopened to visitors Feb. 1.

Upgrades to the building include new ceilings, carpet, paint, lighting, and accessibility features including an expanded restroom and a lift to the upper and lower levels. The expansion of the program room on the Hancock Street side of the building is still under way.

Visitors are invited to come and enjoy the new space: browse materials and pick up holds; use wifi, computers and print/copy services; and read or study. In-person storytimes and events will resume when the program room is completed later this spring. Free parking for visitors is available behind the library.

For more information visit thomascranelibrary.org.

Six Quincy Students On WPI Dean's List

Six students from Quincy have been named to the Dean's List for the fall semester at Worcester Polytechnic Institute.

They are:

Helga Becka, class of 2024, majoring in biomedical engineering; Olivia Brown, class of 2023, majoring in biomedical engi-

neering (BS); Caitlin Ho, class of 2024, majoring in mathematical sciences; Rebekah Shields, class of 2025, majoring in mechanical engineering (BS); Cindy Trac, class of 2023, majoring in computer science (BS); and Howard Zheng, class of 2022, majoring in mechanical engineering.



NORTH QUINCY BRANCH of the Thomas Crane Public Library has reopened after extensive renovation. Shown here are two photos taken from inside the newly renovated branch.

Photos Courtesy Thomas Crane Public Library



\$1.5M Sought For Squantum School Feasibility Study

Cont'd From Page 1

behind the existing building. Ward 6 Councillor William Harris on Monday said he was optimistic the MSBA would approve the construction of a new school to replace the 103-year-old building once the feasibility study is finished.

"This is the phase where our project team will develop the educational program and space needs for the school and prove that the buildings' existing conditions very clearly demand the need for a school building," Harris said. "Once we've moved past this phase over the next several months, we will hopefully be approved to move into the design and ultimately the construction phase."

The Squantum Elementary School is an important part of the community, Harris added.

"This school is really the beating heart of the entire neighborhood. So much community life centers around it," he said. "Its future is absolutely vital to Squantum and really to our entire city."

The city has partnered with the MSBA to construct three new school buildings – Quincy High School and the Central and South West middle schools – in the past dozen years. Based on his experience with the new South West Middle School, Ward 4 Councillor Brian Palmucci said a new school building can be a game-changer for the community it serves, and commended Harris for his work on the project.

"I can tell you first-hand from the experience we had with the South West Middle School how game-changing creating a new school is

in terms of expressing not only to the general community but to the students who are in that school how serious we take their education," Palmucci said. "They are not going to school in a place that has leaky roofs, water dripping into buckets, but they are going into an educational complex that is state of the art."

Councillor Nina Liang likewise thanked Harris for the role he has played in the effort to replace the Squantum Elementary School over the last several years.

"This isn't happening overnight," she said. "As a kid that went to Squantum School, I am very excited to see that it is finally going to be renovated all these years later."

Liang also noted some residents had expressed an interest in making the new school a net-zero building

and asked Chris Walker, Mayor Thomas Koch's chief of staff, whether that would be considered.

"I do want to acknowledge that there were some emails that were sent out from some concerned residents about taking this as an opportunity to ensure there is going to be a thorough study to consider having this be a net-zero building," Liang said.

Walker said the mayor wants to build the most sustainable school possible on the site, but that sort of thing is typically considered following the feasibility study.

"Every option is on the table and is going to be explored, and that absolutely includes the possibility of making this a net-zero building. The mayor is committed to making the most

sustainable school that is possible at that site," Walker said.

"We are a little bit early in the process to get to that level of detail. The feasibility stage is really about telling our story – that the building does need to be replaced. That it is not just a renovation or an addition or that maybe the school is not needed anymore."

"I'm not saying it is too early to have that discussion now," Walker added. "This is certainly a subject that will be thoroughly reviewed, thoroughly studied, and if it is at all humanly possible, I'm positive that is a direction we would like to go."

The city received more than \$200 million from the MSBA for the construction of Quincy High School and

the two new middle schools. The level of state funding the city will receive for the new Squantum Elementary School will be determined as part of the ongoing process.

Koch, in a statement prior to Monday's meeting, said he was proud the project would be advancing to the next phase.

"We're very experienced working with the MSBA, and that experience is giving us the ability to move forward on this vital project at a very good pace," he said.

"I'm grateful for the work of our team from the Quincy Public Schools and the Public Buildings Department to get us to this point where we now ready to really get into the details of our vision and the needs for the Squantum School community."

Quincy's Servers Victim Of Ransomware Attack

By SCOTT JACKSON

The city of Quincy had brought more than half of its servers back online as of late Monday after the city's network was hacked during a cyberattack last week.

Chris Walker, the chief of staff to Mayor Thomas Koch, said the city's IT Department discovered something was amiss last Thursday morning when some applications within the Quincy Police Department's server and network showed signs of disruption.

The servers were immediately locked down, Walker said, and a preliminary investigation turned up ransomware, meaning that there were text files found that demanded money in exchange for the safe return of data.

Walker said that this is "different and more sophisticated" than the usual cyberattacks the city sees that involve email phishing scams; in those cases, someone has to open a suspect email attachment that then allows access to the city's network. During last week's

cyberattack, Walker said hackers directly broke into the city's network.

After the cyberattack was discovered, Walker said the city's IT department reached out to the city's security contractors and they enabled a rapid response team to help track down the source of the attack, identify corrupted data, and scan every computer attached to the city's network for any signs the hackers still had access.

That process remains ongoing this week, Walker said. The city maintains a total of 60 servers, 32 of which had been deemed safe and were back up and running as of Monday evening. The city prioritized critical applications and department like the Quincy Police and Fire Departments and the Quincy Public Schools as well as Munis, the city's financial software. All those operations were brought back online by Monday morning. Some office applications that require access to the city's shared file drive remained down as of late

Monday.

Walker said the city's backup systems appear to be in good working order and it does not appear that any data was lost permanently.

The city does not know if the attackers obtained any actual data when they broke into the network, Walker said, but investigators have not seen evidence that anyone is shopping the city's data on the dark web.

Walker also noted the city does not keep any identity information from the public on its network. All online payments are conducted through third-party vendors and not intertwined with the city network, he said.

"We're cautiously optimistic that because of the quick response from our IT team that this is an inconvenience more than anything else," Walker said in a statement. "But obviously these are the times we are living in, and we'll be absolutely looking at our network security to see what improvement can be made."

Olivia Brown Completes Research Project

Olivia Brown of Quincy, a member of the class of 2023 majoring in biomedical engineering at Worcester Polytechnic Institute, was a member of a student team that recently completed an intense research project titled Glacier National Park's Zero-Emission Vehicle Transition.

At WPI, all undergraduates are required to complete a research-driven, professional-level project that applies science and technology to addresses an important societal need or

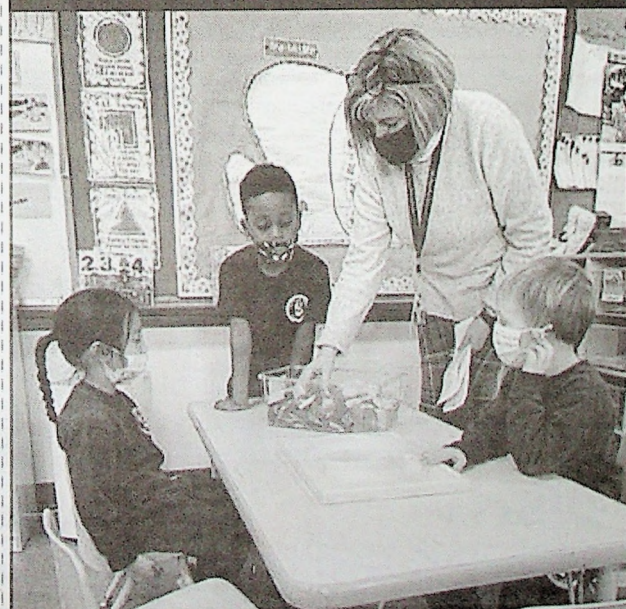
issue. About two-thirds of students complete a project at one of the university's 50-plus off-campus project centers, which are located around the world.

"The WPI project-based curriculum's focus on global studies brings students out of the classroom and their comfort zones and into the global community to apply their knowledge and to solve problems," said Professor Kent Rissmiller, professor of Integrative & Global Studies and associate dean

of The Global School. "Students are immersed in all aspects of a different culture, from the way people live and work to the values they hold to the foods they eat – all valuable perspectives for surviving and thriving in today's global marketplace. They also learn the meaning and magic of teamwork; make a real and meaningful difference in their host community; and gain a competitive edge for any resume, or graduate or professional school application."

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READERS FORUM

Ginger Betty's Sweet Gesture Warms Hearts Of Boys Who Lost Their Dad

On Jan. 15th my daughter, Caitlin (Callahan) Dempsey, Quincy High School Class of 2001, and her two boys, Jackson 7 and Cal 4, suffered the unimaginable and sudden loss of her husband and the boys Daddy, Bill.

Many kindnesses have come Caitlin and the boys way, but one of the sweetest came yesterday, February 1st when Beth Veneto, aka Ginger Betty, made a special delivery in Foxboro.

Beth created two special cookies for the boys honoring their Daddy and one big cookie for Caitlin, Jackson and Cal. The attention to detail in the big cookie featuring all Bill's favorite things - Caitlin, Jackson, Cal, golf the Patriots and their favorite vacation spot SeaCrest was nothing short of amazing!

The smiles on their faces said it all and in fairness, Ginger Betty's cookies are the boys favorite.

While this kindness was offered up for Caitlin and the boys, this is typical of Beth. Beth is the first to offer her support to our vet-



erans, first responders and anyone in need!

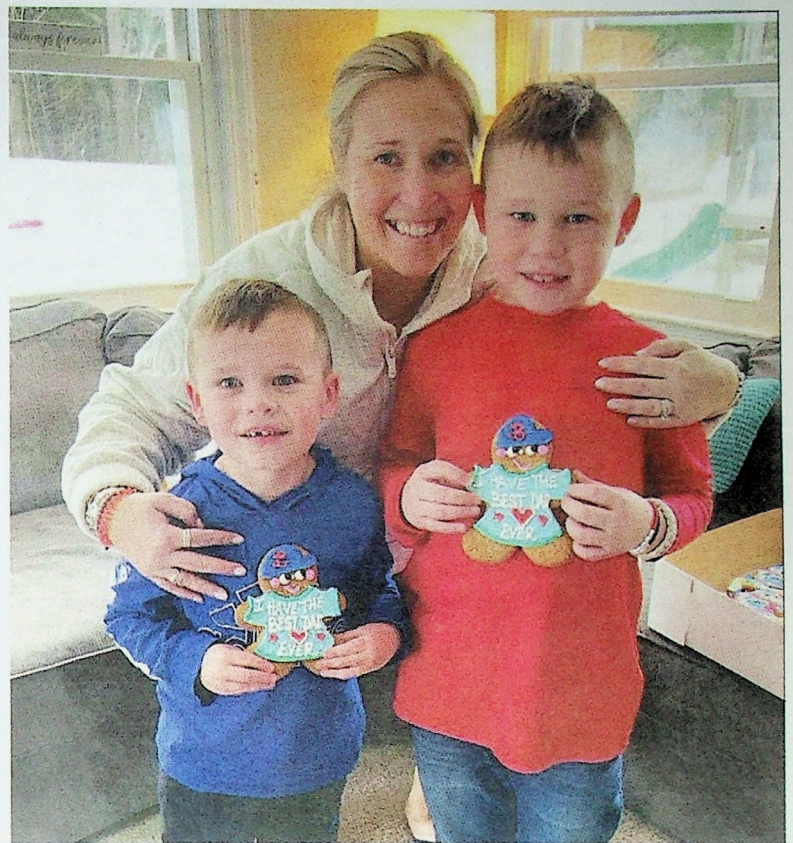
If The Quincy Sun still had the citizen of the year award, I'd nominate Beth and Ginger Betty's Bakery. I'm sure I'd have many people chiming in support of her nomination.

The words for this kind gesture are simple, but pow-

erful "Thank you!"

Gail Callahan (Caitlin's Mom)

(For those who would like to help the Dempsey family, a gofundme benefit fund has been set up. Visit <https://www.gofundme.com/f/support-for-the-dempsey-family>.)



THANK YOU GINGER BETTY - Caitlin (Callahan) Dempsey, a Quincy native, with her two boys, Cal (age 4) and Jackson (age 7) are all smiles after receiving a special delivery from Beth Veneto - aka Ginger Betty. The Quincy baker created cookies for the boys honoring their dad, Bill, who passed away suddenly Jan. 15. Beth also made a special big cookie (at left) featuring many of Bill's favorite things including of course his wife and two boys.

Interfaith Social Services Grateful For Community Response During Pandemic

So many people have tragically lost loved ones throughout this pandemic. There has been so much suffering and upheaval. But there have also been countless moments of true community spirit and neighborly love. Here at Interfaith Social Services we have been humbled to witness that community spirit in action.

As we approach the two-year anniversary of this global pandemic I wanted to thank everyone in the City of Quincy for their amazing response to helping their neighbors in need during this difficult time.

Interfaith Social Services' volunteers and staff members have been on the front lines, helping people in need, for 70+ years. Our programs provide food, mental health counseling and homelessness prevention services. Never has the need been greater and never have we seen a more concerted and heartfelt community response.

More than 100 volunteers serve within Interfaith's programs each week; they are vital to keeping operations running smoothly. Throughout the pandemic, hundreds of Quincy residents stepped up and begun selflessly serving and volunteering within our programs.

As supply chain issues affected our ability to source some food items, many local residents, congregations and businesses have organized food drives or bought an extra bag at the store to keep our shelves full.

When Interfaith's food pantry was in desperate need of diapers for the young children that we serve or feminine hygiene products for the women who depend on our services; we would put a call out on social media. By the next morning Amazon boxes were being delivered and donations were being dropped off.

When our heating system recently broke down, local residents stepped up with

monetary donations and offers to help.

Many Quincy residents have made monetary donations these past two years. This support has made it possible for us to keep our doors open. We can't thank you enough for your investment in our mission and your investment in our community.

We have seen many new and long-term shoppers coming into our Bureau

Drawer Thrift Shop to donate items and make purchases because they know that all of the funds generated go right back to helping Quincy and South Shore residents in need.

Mayor Koch, and the leaders and officials of our city, have been stalwart supporters every step of the way. From the first week of this pandemic, to the most recent snowstorm, city officials have been ready

to help wherever they can. We feel so much gratitude for their investment in Interfaith's clients and our mission.

We are grateful to our neighbors who live near our offices at 105 Adams St. They have been so patient and understanding as the lines of clients seeking assistance grew longer and longer.

And we thank our clients for letting your neighbors

help you in your time of need. Thank you for knowing that there is nothing wrong for asking for help.

The City of Quincy has spoken with their actions. They have said loud and clear "we care for those in need, and we are going to do something about it." Thank you for showing the true meaning of the word community.

Rick Doane
Executive Director
Interfaith Social Services



A FUNDRAISER to benefit Priscilla Bonica and her family was hosted by the Quincy High School girls' basketball team Saturday at QHS. Priscilla, a 2021 graduate of Quincy High School and captain of last year's girls hoop team, is battling brain cancer. The fundraiser featured an array of activities including a silent raffle shown here. More coverage of the fundraiser will appear in the Feb. 17th issue of The Quincy Sun. Quincy Sun Photo: Robert Besworth

Edward Jones

Life is full of moments that matter. Let's help you get ready for your next moment.



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MKT-5894M-A

50 Brave Souls Take Polar Plunge For AH School PTO

Cont'd From Page 6

Kaes had a unique headpiece to wear for the event – a Viking-type helmet covered with fur, and horns protruding from either side.

"It's actually a motorcycle helmet," he said. "A guy from the Neck gave it to me. He wore it riding his motorcycle. I thought I'd wear it for this."

Winter plunges are not new to his family. Kaes noted that his father, a South Boston native, was among the L Street Brownies taking the annual New Year's Day dip.

Nat Rodenhiser was joined by his wife, Erin, and their children, Russell and Malcolm, both Atherton Hough School students.

"It's a great cause," he said of the plunge.

Rodenhiser is a veteran of winter dips, having participated in the Interfaith Socials Services event.

"I've done these a few times, it doesn't get any warmer," he said.

Darian Hockney, 12, an Atherton Hough School alum and now a sixth grader at Broad Meadows Middle School, is a veteran of all the Houghs Neck Polar Plunges, having done them since she was in kindergarten.

"This year everyone thought it was going to be a lot colder, but it was actually not as bad as past years," she said. "Going in was not bad but coming out was really bad. But it was fun."

Jill Hockney explained that in addition to participants paying registration fees, there were many donations from the community and local businesses.

"We had many people from the community come out and donate and buy T-shirts even though they weren't going in," she said.

Local businesses donated prizes for the raffle.

"All prizes donated were from different places in Quincy and Braintree, very generous companies," said Hockney.

Among the local businesses donating to the event was Sinc Law.

"Sinc Law sponsored us and we were able to put that sponsorship money right into purchasing the T-shirts which is incredible," she said. "With their support, we were able to purchase the T-shirts so we didn't have to use the registration fees for that. All the registration fees go right to the PTO."

Other donations were from Hofbrau Bar & Grill that donated a \$100 bill as

a raffle prize; Indie Spa, a facial; Mayor Thomas Koch and Ward 1 Councilor Dave McCarthy, Ginger Betty baskets; JF Auto, two oil change gift cards; Southwick Zoo, two entrance passes; Wachusett Mountain, two ski lift tickets; and Time Out Pizza, and Romanza Pizza.

Hockney noted that the bake sale was held by Atherton Hough 5th graders. She said it has been a tough couple years for that class since the pandemic restricted the usual sendoff to middle school event.

"This year we are hoping to have a bigger sendoff for our fifth graders as they head to middle school."



ATHERTON HOUGH SCHOOL PTO Vice President Jill Hockney (left) and Margaret Flaherty, a first grade teacher at the Atherton Hough School, can attest to the 36-degree water at the public landing. They were among the 50 participants who took a very quick dip at Saturday's Polar Plunge.

Quincy Sun Photos/Robert Bosworth



YOUNGSTERS MAKE THEIR way from the frigid water after participating in Saturday's Houghs Neck Polar Plunge.



QUINCY POLICE MARINE unit keeps a close eye on the Houghs Neck polar plungers - from their boat as well as a SCUBA diver in the water (background).

More photos online: www.TheQuincySun.com.



North Quincy Boys' Basketball Takes Down Braintree

By TOM JOYCE

The North Quincy High boys' basketball team had no issue taking down the Braintree Wamps last Saturday night.

The Raiders went to Braintree and secured yet another victory to keep their winning streak alive. The Raiders won this one 61-59. With the win, they improved to 10-3 on the season. The win extended the winning streak for the Raiders to six games, as of the start of this week.

Although the Raiders came out on top in this one, the first half did not go their way. They found themselves trailing by two points, 30-28, at the end of it.

Braintree started the game with back-to-back baskets and led 14-9 after the first quarter, but the Raiders chipped away at the deficit. While senior forward and captain Colm Geary had a layup and sophomore forward and captain Daithi Quinn (22 points) hit a three, Braintree responded with back-to-back layups. The Raiders scored a couple more times before the quarter ended, but Braintree closed things out on a 4-0 run; the final basket came on a fast break with under a minute remaining.

The Raiders offense fared better in the second quarter, putting up 21 points – most of which came on three-pointers.

Quinn started the second quarter with a three, and Braintree countered with a three. Quinn then had three points on free throws after getting fouled on an attempted three; he hit a three-pointer after that. Braintree got a three after Quinn's three, and he followed up with yet another three. After that, Braintree got a la-

yup, senior guard and captain Nikko Mortel scored a layup, and senior forward Quonuw Scott got a layup. However, Braintree would regain the lead to end the second half; the team had a pair of three-pointers in the final couple of minutes; the Raiders only got one three in that stretch: it came from senior guard Ethan Gao.

While Braintree started the second half on a 6-0 run, hitting a pair of three-pointers in the first two minutes of it, the Raiders countered with a 7-0 run of their own. Mortel and Geary hit layups and junior forward Nate Caldwell hit a three-pointer; it forced Braintree to call a timeout with 3:52 left in the third. About 30 seconds later, Braintree snapped the scoring drought with a pair of free throws. Geary then got a layup for the Raiders, and Braintree got another basket. Quinn tied the game at 40 apiece with about 2:30 left in the third on a three-point play: a layup and a free throw. About 40 seconds later he gave them the lead on a layup, and Geary put them up by four points on a steal and a fast break. Scott gave the Raiders a six-point lead with a layup through traffic with under a minute left in the quarter.

The Raiders led 46-40 after three quarters.

The Raiders extended that lead to 10 points early in the fourth quarter. The first shot was a layup from Geary. The second shot was a layup from Scott following a steal by freshman guard Kobe Nguyen. Braintree responded by hitting a three-pointer with 6:36 remaining. Braintree then hit a pair of free throws. Quinn countered by hitting a three-pointer with 4:43 remaining. Then 23 seconds

later, Braintree sank a deep two-point shot. The Raiders continued to play tough defense and added some points: Scott hit a pair of free throws and Geary hit a layup.

Braintree made the game 57-50 with a pair of free throws and regained possession as the ball went out-of-bounds on the Raiders; this caused the Raiders to call a timeout with 2:25 remaining. Braintree got a layup on its new possession, trimming the deficit to five points.

With just under two minutes remaining, Geary hit

another layup for the Raiders. Braintree countered with a three-point play the next time it got the ball: a layup and a free-throw.

Shortly after the Raiders got the ball, Mortel got fouled; he sank both his free throws. Braintree scored on its next possession, but a traveling call against the Raiders gave Braintree the ball back. Braintree then lost possession and fouled the Raiders, who missed a free throw. Braintree got the ball back, had a three-point attempt roll around the rim before it missed, but had a player fouled on the posses-

sion. Braintree hit a pair of free throws with 28 seconds remaining to make it a two-point game.

When the Raiders got the ball back, they tried to play keep away. Braintree fouled the Raiders with 14.9 seconds remaining and they missed both free throw attempts. When Braintree got the ball back, the team missed a three-point attempt and time expired shortly thereafter.

The roster for the Raiders this season includes: junior guard Alex Pham, senior guard and captain Nikko Mortel, junior guard

Joe Bates, freshman guard Kobe Nguyen, senior guard Danny Bellotti, senior guard Ethan Gao, junior guard Nate Davis, junior forward Jerald Mortel, junior guard Nate Caldwell, senior forward and captain Colm Geary, junior forward Dylan Clifford, sophomore forward/guard and captain Daithi Quinn, junior guard Zach Taylor, senior forward Luke Pierron, and senior guard/forward Quonuw Scott. Their head coach is Kevin Barrett.

The Raiders visit Pembroke Friday, Feb. 11 at 6:30 p.m.

Quincy Boys' Hoop Bows To Weymouth

By TOM JOYCE

The Quincy High boys' basketball team competed hard, but it wasn't able to come out on top.

The Presidents competed against the Weymouth High Wildcats in neutral territory. While the Presidents had the lead after one quarter, it wouldn't last. The Presidents dropped this one 56-35 on Saturday at Braintree High School. With the loss, the Presidents fell to 0-14 on the season.

The first quarter was competitive. At the end of it, the Presidents held a 12-10 lead. In the early going, both teams were able to match one another's scoring totals. A layup from senior forward Zachary Donaghue (7 points) made it a 12-10 game with things tied at 10 apiece. With 30 seconds left, sophomore captain and guard Caleb Parsons-Gomes (7 points) grabbed a rebound on a missed Weymouth three-pointer to give his team the ball back. And with 1.2 seconds remaining, the Presidents' lead was protected as a Weymouth player

missed a pair of free throws. Senior forward and captain Coleman Ross (6 points) led the team's offensive scoring effort in the first quarter, putting up six points.

Tough defense from Weymouth held the Presidents to four points in the second quarter. As a result, the Presidents trailed 20-16 at halftime. Weymouth got the first basket of the quarter on a layup. While Donaghue and senior forward and captain Joe Manton (7 points) each had a basket, the latter of which tied the game at 16 apiece, a jumper with 2:46 remaining put Weymouth up by two points; Weymouth also managed to hold the Presidents scoreless for the final three minutes of the first quarter; Weymouth added a layup in the final minute, giving them a four-point lead to start the second half.

Weymouth started the second half with a steal and a layup, extending its lead to six points. While Parsons-Gomes countered with a layup for the Presidents, back-to-back layups

for Weymouth—the second of which came with 5:01 left in the third quarter—gave the team an eight-point lead. While Parsons-Gomes would score twice in the next two minutes—once on a layup and again on a free-throw—it wasn't enough to give the Presidents the lead headed into the fourth quarter. His points were the team's only points of the third quarter.

Weymouth hit a shot from near the free-throw line with 1:58 remaining, regained possession a few seconds later and was fouled. Weymouth hit a free throw, then got a layup on a fast break, got fouled on that fast break, and made another free throw to take an 11-point lead with 1:50 left. Weymouth continued to play tough defense to close out the third quarter and got a layup with 18 seconds remaining. It put the team up 34-21 going into the fourth quarter.

Weymouth started the fourth quarter with a three-point play, getting a basket and a layup with 7:03

remaining. Manton had a layup for the Presidents on their next possession, breaking the 12-0 scoring run, but Weymouth responded with a layup the next time it got the ball – and a three-pointer the time after that. This gave Weymouth a 19-point lead with less than six minutes left to play.

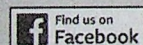
Junior forward Jacey Ham (6 points) and Parsons-Gomes had layups in under a minute span, but Weymouth got a layup on its next possession and the President called a timeout with 4:53 left. Manton hit a three-pointer on the Presidents' next possession, Weymouth got a layup, and then the two teams traded fast break layups; Parsons-Gomes had the fast break for the Presidents. Weymouth called a timeout while up by 16 points, 48-32, with 3:10 remaining. Weymouth got another fast break layup with 2:45 remaining and called a timeout with 2:21 remaining. Weymouth took a 20 point lead on a three-pointer with just under two minutes remaining. About 30 seconds later, Donaghue hit a wide-open three for the Presidents.

Weymouth closed out the game by hitting a pair of layups in the final minute; this gave the team a 56-35 lead.

The roster for the Presidents this season includes: senior guard Malik Lawson, senior forward and captain Coleman Ross, senior forward and captain Joe Manton, senior guard Jimmy Phipps, sophomore guard and captain Caleb Parsons-Gomes, senior forward Johnny Garcia-Acosta, junior forward Jacey Ham, senior guard Jordan Davis, junior guard Kyle Cruz, junior guard Ty Neal, junior guard Christian Monteiro-Spagnolo, and senior forward Zachary Donaghue. Their head coach is David Parry.

The next game for the Presidents will take place this Friday, Feb. 11 on the road against the Scituate Sailors at 6:30 p.m.

Quincy Access Television
88 Washington Street
Quincy, MA 02169



www.qatv.org
617-376-1440
617-376-1441



Public Access Channel 8

Thursday, February 10
6:00pm: Bethany Congregational Church
8:00pm: High School Basketball

Friday, February 11
11:30am: LIVE: Currently in Quincy
9:00pm: WVOE: The Voice of Ebony

Saturday, February 12
11:00am: Alive & Kickin'
1:00pm: High School Basketball

Sunday, February 13
11:30am: Good News
1:00pm: The Call

Monday, February 14
11:30am: LIVE: Currently in Quincy
5:30pm: CIQ Interview: QARI Lunar New Year

Tuesday, February 15
7-9am: LIVE: AM Quincy with Joe Catalano
7:00pm: AM Quincy: Mayor Thomas Koch

Wednesday, February 16
6:00pm: Good News
7:00pm: The Call

Government Access Channel 9

Thursday, February 10
6:00pm: At Your Library: February Edition
7:00pm: State View: Representative Bruce Ayers

Friday, February 11
7:00pm: In the Know: Norfolk County Sheriff
8:00pm: TCPL Presents: Backyard Birding

Saturday/Sunday, February 12/13
10:00am: At Your Library: February Edition
11:00am: TCPL Presents: Aging Strong
12:00pm: City Council incl. Pub. Hearing 2/7
4:00pm: Board of License Commissioners 2/8
6:30pm: Department Profiles: Quincy Health Dept.
7:00pm: City Council incl. Pub. Hearing 2/7

Monday, February 14
1:30pm: Guided Listening: Love Songs
6:00pm: Department Profiles: Quincy Health Dept.
6:30pm: LIVE: Quincy City Council

Tuesday, February 15
6:00pm: Media Advisory: New England Free Jacks
7:00pm: Fire Prevention & You: Smoke Alarms

Wednesday, February 16
6:00pm: In the Know: Norfolk County Sheriff

Programming is subject to change.

For a complete list of programs, please visit our website at qatv.org

Maddy McBride On President's List

Maddy McBride of Quincy has been named to the President's List for the fall semester at Miami University in Oxford, OH.

McBride is earning a B.S. in business degree in information systems & analytics.

North Quincy High School

Class of 1973 Scholarship Fund

To honor all of our classmates that have passed away the North Quincy High Class of 1973 Reunion Committee has established a scholarship fund. We are looking for donations to be able to award scholarships to North Quincy High School.

Donations can be sent to Eastern Bank
C/O NQHS Class of 1973 Scholarship Fund
80 Washington St. Norwell, MA 02061

Make checks payable to:
NQHS Class of 1973 Scholarship Fund

If you have any questions, you can email Jo-Ann Bragg at captainjb2012@gmail.com or Terry Bellotti-Palmieri at t.bellotti-palmieri@easternbank.com

Presidents Hockey Edges Pembroke For Eighth Win

By TOM JOYCE

Another game meant yet another Patriot League win for the Quincy High boys' hockey team.

The Presidents hosted the Pembroke Titans on Feb. 2 and defeated them in a game highlighted by strong defense and goaltending. While Pembroke was tough on those fronts, the Presidents were even tougher. Even though they trailed for much of the game, they won it 2-1. With the win, the Presidents improved to 8-4-2 on the season.

Although the Presidents came out on top in this one, the Titans struck first. Pembroke scored with 6:15 remaining in the first period. One of its forwards took a pass out in front of the net and buried the shot to make

it a 1-0 game.

The score would remain 1-0 for most of the game. It took a third period comeback effort for the Presidents to be able to win this one.

Neither team scored in the second period, so it remained a one-goal game going into the final frame.

The Presidents were able to tie things up at one apiece with 12:14 remaining in the game. Senior forward Cooper Hernon was able to find an opening on the left side of the net as he stood on the left side of the ice. Most of the players had their attention focused on the right side, but Hernon was fed a pass and capitalized on his scoring chance.

As the third period moved along, the Presidents

continued to receive strong play in net from senior goalie Daniel Freeman as well as their defense.

Then with 3:09 left to play, the Presidents took the lead. Junior forward and captain Will Martin put the Presidents up 2-1 with his first goal of the game.

He capitalized on a second-chance scoring opportunity. Junior forward and captain Cameron Quigley put a hard shot on net, but Pembroke made the stop. However, it resulted in a loose puck. Martin found the puck and an opening. He was able to put it into the back of the net to make it a 2-1 game.

Pembroke ended up pulling its goalie with under a minute left to play, but the

extra skater on the ice didn't make a difference for the team. It didn't help the team get a shot on net. The score remained unchanged, and the Presidents earned the win.

As of the start of this week, the Presidents were on a five-game unbeaten streak dating back to Jan. 17 when they defeated Oliver Ames 9-6. It was the team's highest-scoring game of the season. Then two days later, the team tied Hanover 1-1. The Presidents then defeated North Quincy 3-1 on Jan. 22. The streak was extended to four games with the 2-1 win over Pembroke. And the Presidents capped off last week with a 3-2 overtime win over Hanover Feb. 5. Will Martin had the game-

winning goal in overtime against Hanover; Pat Walsh and Cam Quigley also had goals in the win. That means that as of the start of this week, the team was 9-4-2 on the season.

Tough defense and goaltending have been key for the Presidents this season. Through 15 games played as of the start of this week, the team had allowed just 2.53 goals per game. Meanwhile, its offense had scored 3.07 goals per game.

The roster for the Presidents this season includes: freshman forward Lincoln Hennessy, senior forward and captain Joseph Hennessy, senior forward Ronan Healy, senior forward Cooper Hernon, senior defenseman and captain Zach

Galligan, senior forward Jerry Caldwell, senior forward Daniel Pakkala, junior forward Liam Van Gestel, senior defenseman Sean Andrews, senior defenseman Tyler Larsen, senior forward Pat Walsh, senior forward Chase Quigley, senior defenseman Luke LaMonica, senior forward and captain Timmy Kelly, junior forward Collin Gates, junior forward and captain Cameron Quigley, junior forward and captain Will Martin, junior goalie Tyler Holmes, and senior goalie Daniel Freeman.

The next game for the Presidents will take place Saturday, Feb. 12 at the Quincy Youth Arena against the Plymouth North Eagles (6:40 p.m. start time).

Quincy Girls Basketball Defeats Silver Lake

The Quincy High School girls' basketball team kept on with their winning ways on Feb. 1 —defeating Silver Lake 51-20 at home.

The game started with an early back and forth with Quincy jumping out to an early 7-3 lead. Silver Lake battled back to get within one with just under two minutes in the quarter. Quincy worked the ball around the perimeter—and, after a long miss and a scramble for the loose ball, Caroline Campbell gathered the ball and found Alyssa Hopps underneath the hoop and had

a nice left handed finish. Senior Captain Antenella Ibrahim then completed a phenomenal three point play with her continued strong play in the key and automatic shooting from the free throw line. Quincy finished the quarter leading 12-6.

The second quarter began with Ibrahim flashing through the key and finishing under the hoop with her left hand. Silver Lake answered with a three pointer to cut the Quincy lead to 14-9 midway through the second quarter. A few possessions later, Mary Saccoach took

advantage of some great ball movement by the Presidents and knocked down a straight away three pointer to put Quincy up 17-9. The teams went back and forth for the rest of the quarter—and Silver Lake went on a 5-0 run to end the first half with Quincy leading 17-14—but, that was as close as Silver Lake would get.

The second half started with a nifty pass from Saccoach to Ibrahim on a cross-court cut, lay-up finish followed by a transition feed from Saccoach to Hopps who had a left-handed fin-

ish to extend the Presidents lead to 21-14. Paige Mann moved the ball from the top of the key to loosen up the Lakers zone defense. Ibrahim eventually found Caroline Tracey at the foul line extended—Tracey gave a solid up-fake move and finished at the basket for two. Hopps then followed with a three-point play after making a runner in the lane—extending the Presidents lead to 26-14.

Saccoach then stole a long rebound and quickly drove to the hoop where she was fouled and made both free throws. With under a minute to go in the third, Lena Waldron scored to give the Presidents a 32-14 lead—and Waldron ended the quarter with a three-pointer to give the Presidents a 35-14 lead after

three quarters.

The Presidents opened the fourth with a beautiful possession—working the shot clock down with precision passing on the perimeter—culminating in an Ibrahim lob to Tracey on the low-post for an easy lay-up. After exchanging a few scoreless trips, Waldron made a steal at half court and was fouled on the way to the hoop—making both foul shots to give the Presidents a 39-16 lead. On the next possession, left-handed Tracey took the inbound pass and dribbled across the key and had a neat right-handed finish in the lane.

The scoring continued when freshman Niamh Gendron took a great cross-court pass from Mann and finished for two. Helena Middleton continued her

hot hand and hit a long three-pointer with Silver Lake rushing at her to extend the lead for Quincy, 46-18. On the next possession, great ball movement once again opened up the middle and Gendron found a cutting Alex Kane who made a beautiful runner through the lane. Gendron was fouled on the next possession and hit one of two from the line—the second free throw became a long rebound that Gendron tracked down and found a heads up Mairead Folan cutting to the hoop who finished off the scoring the Presidents at 51-20. Folan became the 8th player to score for the Presidents in a well-balanced game to improve their record to 7-8 on the season.

The Presidents host Sci-tuate Friday at 6:30 p.m.

Remembering David Hodgdon Of Blue Hill Adventure & Quarry Museum

By KUMU GUPTA

As the Winter Olympics in Beijing take off this February, we mark the one-year anniversary of the sudden passing of David Hodgdon in February 2021.

David was the founder of Blue Hill Adventure and Quarry Museum, a non-profit covering Quincy, Canton, Milton and surrounding areas for hiking, skiing, and other activities in the Blue Hills. David was a Nordic Ski Patrolter and trainer who took part in all Winter Olympics 1980-2010 except Torino as part of their Ski Patrol.

The Museum permanently shut its doors last April and a lot of the artifacts were donated to Quincy Quarry And Granite Workers Museum. And a Day of Remembrance for David was held at the Lyons Turning Mill last June, attended by David's sister from Colorado and David's close friends.

David and his dedication to the Blue Hills is sadly missed, especially hard during these Winter Olympics.



DAVID HODGDON (left) at Vancouver Winter Games in 2010.

I helped helped with marketing and special events as a member of the Board for 10 years. David helped put 16 historic sites in Quincy and around on the National Register and was awarded Lifetime Award and honorary membership, by the National Ski Patrol for being with them for 50 years, starting from when he was in 8th grade.

Woodward's Basketball Players Demonstrate Their Grit

The Woodward Wildcats Basketball Team hosted CATS Academy at HOME, which was Woodward's first game after a league hiatus due to COVID restrictions.

The game was nip and tuck for a couple of periods, until CATS went on a 10-0 run in the third period. Woodward's coaches used all their time outs to give our Wildcats a breather. Down

by 14, the Wildcats played valiantly in the final quarter, to cut the lead in half before running out of time. Game score, CATS Academy -29 and Woodward -22.

After the game, Coach Bob Giordano remarked: "I can't believe the difference in this young team since the first practice. When these players give 100 percent ef-

fort every game, they walk off the floor as winners, no matter the score."

Co-Captain Taylor Mendes '23 (of Milton) scored 10 points. Co-Captain Leah Terry '24 (of Braintree) scored two points and contributed multiple rebounds, and seventh grader Olivia Manick '27 (of Taunton) scored 10 points.

Q/NQ Athletes Compete at BU Bruce Lehane Scarlet & White Track Invitational

Boston University Bruce Lehane Scarlet & White Invitational 2/5/2022

Event	First	Last	Performance	Place	Competitors	Comments
Mens 800m	Hatim	Boukhtam	1:54.16	25	77	PR/MA #1
Womens 800m	Salma	Boukhtam	2:21.82	35	70	
Womens High Jump	Natalia	Kepczynski	1.46m/4'9.5"	18	27	



QUINCY HIGH SCHOOL boys' hockey team defeated Hanover 3-2 in overtime Feb. 5th to win the Sylvia Cup, a trophy awarded annually to the victor in this rivalry. Front row, left to right: Jerry Caldwell, Collin Gates, Ronan Healy, Tim Kelly, Joseph Hennessey, Dan Freeman, Pat Walsh, Sean Andrews, Riley O'Connell, Liam Van Getsel. Second row, left to right: Coach Ted Walsh III, Coach Mike MacPherson, Tyler Holmes, Tommy Christian, Daniel Pakkala, Luke Lamonica, Chase Quigley, Will Martin, Cam Quigley, Cooper Hernon, Spencer Stebbins, Zach Galligan, Lincoln Hennessey, Coach Ted Walsh Jr. and Coach Mike McNeice. Courtesy Photo

Quincy Ices Hanover In OT To Capture Sylvia Cup

In one of the best games played at the Quincy Youth Arena in many years, the

Quincy High School Presidents defeated Hanover High School, 3-2, in over-

time Feb. 5th. With the win, Quincy captured the Sylvia Cup, a trophy awarded annually to the victor in this rivalry. The victory also allowed the Presidents to

qualify for the Massachusetts State Hockey Championship.

In front of a packed house at Quincy Youth Arena, the game was a hard

fought affair from the opening puck drop to the final goal. After a scoreless first period, Quincy got on the board first when Pat Walsh received a Riley O'Connell pass at the red line, skated by a Hanover defender and slid the puck past the Hanover goalie.

Hanover tied the contest five minutes later, but towards the end of the period Cam Quigley would not be denied as he stuffed in a rebound to put the President's ahead 2-1. Hanover got the tying goal early in the third and with no other scoring,

the game went into overtime.

In the overtime period Quincy dominated play and that hard work paid off when, after a Danny Freeman save, Joe Hennessey made a great pass to Will Martin who blasted in the game winning goal. The game was a total team effort with every Quincy player contributing to the victory. The Presidents, led by Coach Ted Walsh Jr., now have a record of 9-3-2. Their final home game is Saturday night, Feb. 12 at 6:40 p.m. against Plymouth North.

Quincy Point Congregational Church

Sunday, Feb. 13 live-streamed worship begins at 10 a.m. at Quincy Point Congregational Church.

There is no in-person worship until further notice. To stay informed stay tuned to the church social media or join the "Points" email distribution list- sign up located at bottom right hand bottom of the home page at www.quincypointcong.org.

Join online to celebrate the sixth Sunday after Epiphany on Sunday morning. Services can be seen on the church website, The Quincy Point Congregational Church YouTube channel,

Vimeo or on its Facebook page. Previously recorded services can be seen anytime on the same venues.

Church services are also broadcast on Quincy Access Television at 6 p.m. on Wednesdays. Need help connecting? Give the office a call at 617-773-6424.

The building itself will remain open to the groups that are using our church, like AA groups, South Children's Chorus and the South Shore Piano School. The church strongly encourages the groups to have their members wear masks and follow CDC protocols.

Bethany Congregational Church

On Sunday, Feb. 13, Bethany Congregational Church will have its regular Sunday service at 9:30 a.m.

Rev. Patrick McCorkle will preach and music will be provided by Paul Frazer as soloist.

There will be Church School available for children of all ages. For all events at Bethany Church, masks and social distancing are required.

There is no coffee hour. Masks and sanitizer are available. Areas in use are cleaned after every service.

If you would prefer to

stay at home, the on-line service is available. Check the church website for instructions on how to watch.

Bethany Congregational Church is located at 18 Spear St., Quincy. The church website is: bethanycongregational.org. Telephone number is: 617-479-7300.

Broad Horizons Preschool is open and accepting students both full and part-time.

To inquire and/or fill out an application, go to the website at Broadhorizons-bethany.com or call 617-471-0022.

Quincy Granite Hoop Eyes Playoff Run

The 2021-22 Quincy College men's basketball team continues its march toward a third straight National Junior College Athletic Association (NJCAA) Region 21 playoff berth on the strength of a red-hot start to the second half of its season.

In its first game after the winter break, the Granite took Community College of Rhode Island - a perennial Region 21 powerhouse -- to overtime before bowing, 86-80. Since then, the Granite have ripped off six straight wins and now own an impressive 14-3 overall record.

During the streak, Quincy College has been led offensively by sophomore point guard Doug Alves (Taunton), who's averaging 16.5 points and an NCJAA Division III-leading 9.4 assists per game. Team-mates Damani Scott (Mansfield, 15.7 ppg), Jerome Stephens (Dorchester, 13.2 ppg) and Ismail Fofana (Roxbury 11.2 ppg) all create challenges for opposing defenses. Coming off the bench, Amode Weaver (Weymouth), Myles Horsley (Framingham) and Isaiah Thomas-Pierre (Watertown) are regular contributors and a trio of freshmen -- Tyler

Victor (Brockton), Ryan Vassil (Whitman) and Derek Williams (Rockland) -- have been solid role players.

The Granite's offensive firepower is impressive, but Coach Doug Scott knows that defense is key to post-season success and he's very pleased by what he's seen lately: during its last four victories, the Granite held opponents to an average of just under 54 points per game. And Scott is encouraged by the pending return from injury of his two big men -- 6-foot, 10-inch Tyrone Victor (Brockton) and seven-footer Thomas Vassil (Whitman), both of whom will be huge defensive factors in the playoff push.

The Granite travel to Brockton on Thursday, Feb. 10, for a game against local rival

Massasoit Community College and return home for a Monday showdown against Bunker Hill Community College (to be played at Eastern Nazarene College). The regular season concludes on the road with games at University of Connecticut Avery Point and Northern Essex Community College before the playoffs begin on Feb. 21.

INVITATION TO BID

CITY OF QUINCY, MASSACHUSETTS Department of Public Works

Thomas P. Koch
Mayor

Alfred J. Grazioso
Commissioner

INVITATION TO BID

The Department of Public Works for the City of Quincy, Massachusetts is seeking sealed bids for **ROAD IMPROVEMENTS 2022 - CONTRACT #1** until 11:00 a.m., local time **Thursday, FEBRUARY 24, 2022**, in the offices of the Purchasing Agent, 1305 Hancock St., Quincy, Massachusetts 02169, at which time and place all bids will be publicly opened and read aloud.

The work under this contract consists of: Full depth reclamation, installation of new base and top courses; installation of new bituminous sidewalks, installation of new cement concrete sidewalks, resetting of existing granite curbing and installation of new granite curbing. Installation of loam and seed is required and all related work to complete the project. Full depth reclamation, installation of new base and top courses; installation of new bituminous sidewalks, installation of new cement concrete sidewalks, resetting of existing granite curbing.

The Contractor must demonstrate to the City of Quincy their ability to perform on the site, and with its own organization, work equivalent to at least 40% percent of the total amount of work to be performed under the contract.

All work under this contract shall be substantially complete by November 1, 2022 and All work shall be ready for final pavement by November 15, 2022.

Detailed specifications are available on-line at the City of Quincy's website, www.quincyma.gov and also available at the Office of the Purchasing Agent, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 AM and 4:30 PM. Specifications will be available February 9th, 2022.

Each bid shall be accompanied by a bid security in the amount of five percent (5%) of the total value of the bid in the form of a bid bond or certified/treasurer's check.

The bidding and award of this contract shall be in full compliance with Massachusetts General Laws, Chapter 30, Section 39M, as last revised. All applicable Federal, State and City of Quincy regulations in relation to and subject to the minimum wage rates set under the Massachusetts Prevailing Wage Law Chapter 149, §26 to 27H and/or any applicable federal rates. The City reserves the right to waive any informality in or to reject any or all bids when such an action is deemed in the best interests of the City.

Non-responsive and/or unbalanced bids may be rejected.

Thomas P. Koch
Mayor

Kathryn R. Logan
Purchasing Agent

Severe Winter Weather Intensifying Red Cross Blood Crisis

As severe winter storms continue to move through the country, the American Red Cross asks those in areas unaffected by weather to schedule the earliest-available blood or platelet donation appointments in their community.

Dangerous snow and ice conditions have contributed to more than 20 blood drive cancellations since the beginning of the year, resulting in nearly 650 uncollected blood and platelet donations.

Since the Red Cross issued its first-ever blood crisis in January, thousands of generous donors have come forward to give, but patient care remains at risk. The threat of winter weather continues – as well as ongoing complications posed by the omicron variant – and could further complicate efforts to rebuild the blood supply.

More donors are needed to make appointments now for the weeks ahead to help ensure accident victims, cancer patients and new mothers experiencing complicated childbirths have access to lifesaving blood product transfusions without delay. Make an appointment to give blood or platelets by using the Red Cross Blood Donor App, visiting RedCrossBlood.org or calling 1-800-RED CROSS (1-800-733-2767).

Health insights for donors

At a time when health information has never been more important, the Red Cross is screening all blood, platelet and

plasma donations from self-identified African American donors for the sickle cell trait. This additional screening will provide Black donors with an additional health insight and help the Red Cross identify compatible blood types more quickly to help patients with sickle cell disease. Blood transfusion is an essential treatment for those with sickle cell disease, and blood donations from individuals of the same race, ethnicity and blood type have a unique ability to help patients fighting sickle cell disease.

Donors can expect to receive sickle cell trait screening results, if applicable, within one to two weeks through the Red Cross Blood Donor App and the online donor portal at RedCrossBlood.org.

Blood drive safety

Each Red Cross blood drive and donation center follows the highest standards of safety and infection control, and additional precautions – including face masks for donors and staff, regardless of vaccination status – have been implemented to help protect the health of all those in attendance. Donors are asked to schedule an appointment prior to arriving at the drive.

How to donate blood

Simply download the American Red Cross Blood Donor App, visit RedCrossBlood.org, call 1-800-RED CROSS (1-800-733-2767) or enable the Blood Donor Skill on any

Alexa Echo device to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

Blood and platelet donors can save time at their next donation by using RapidPass® to complete their pre-donation reading and health history questionnaire online, on the day of their donation, before arriving at the blood drive. To get started, follow the instructions at RedCrossBlood.org/RapidPass or use the Blood Donor App.

The American Red Cross shelters, feeds and provides comfort to victims of disasters; supplies about 40% of the nation's blood; teaches skills that save lives; distributes international humanitarian aid; and supports veterans, military members and their families. The Red Cross is a nonprofit organization that depends on volunteers and the generosity of the American public to deliver its mission. For more information, visit redcross.org or CruzRojaAmericana.org, or visit us on Twitter at @RedCross.

BBB Scam Alert: Top Valentine's Day Scams

By BETTER BUSINESS BUREAU

This Valentine's Day is shaping up to be big, according to projections by the National Retail Federation, which suggests that consumer spending will reach nearly \$24 billion.

As you prepare to celebrate, there are few common scams that you need to be aware of. Whether you're hoping to spark a new relationship or buying gifts for loved ones, beware of these three scams regularly reported to BBB.

Impostor websites

From fake jewelry sellers to online dating sites, consumers should always be on the alert for impostor websites. Scammers can easily lift official photos, sale promotions and logos directly from the website for a popular jewelry brand. With professional graphics and unbeatable prices, scammers build an attractive website that looks eerily similar to the real thing.

Similar methods may be used to build fake online dating platforms, which are often used to steal personal data and credit card information. For more tips to spot fake websites, read our guide to smart shopping online.

Red flags:

- Products are available at extreme discounts.
- The seller requests customers pay with cash transfer apps or cryptocurrency.
- Customer service is unreachable.

Romance scams

Romance scammers often target vulnerable people who have experienced a recent breakup or other hardship. They take advantage of that heartbreak to establish a connection and gain sympathy. Once they've gotten their victim on the hook with a sad story, they begin pursuing their true goal—money.

Falling victim to a romance scam can be particularly devastating. Victims can lose thousands of dollars, and they're often left feeling heartbroken and betrayed because they really believed they'd found a good partner. Read more about romance scams for safe online dating advice.

Red flags:

- The relationship moves very fast.
- You never meet in person.
- They ask for money.

Wrong number scam

Responding to a text message from someone who messaged the wrong number might seem harmless. In fact, it might even seem like the polite thing to do, if they say they're looking to reconnect with a potential match.

The text message, however, is bait to lure you into a conversation. If you keep chatting, they eventually try to get your personal information by directing you to sign up for an adult site. Learn more about wrong number texts and scam bots.

Red flags:

- The messages don't stop.
- The sender directs you to sign up for a website.

- They try to get your personal information.

Fake florist scam

Ordering flowers for Valentine's Day? Don't procrastinate or you may end up falling for a scam. BBB has received many reports of shoppers who thought they were ordering flowers from an online florist... but either got nothing at all, or a disappointing arrangement. Don't let phony florists ruin Valentine's Day.

Red flags:

- The business has no reviews or bad reviews (always check BBB.org!)
- You can't find a return policy or satisfaction guarantee.
- The deal is "too good to be true."

What to do if you encounter a scam

If you encounter a suspected romance scam, cut off all contact with the perpetrator by blocking their accounts and phone number. Then, report your experience to BBB.org/ScamTracker. Dating site users should also report suspicious activity to the platform, so they can take action against the scammers account.

For more information about romance scams, visit BBB.org/romance.

Beware Of Book Pyramid Scam

By BETTER BUSINESS BUREAU

If you love to read, you'd jump at the chance to receive dozens of books in

the mail. But think twice before you respond to a social media post about a suspiciously generous book exchange. It's really a pyramid scheme!

How the scam works

You see a post or get a message on Facebook, Instagram, or another social media platform about a book exchange. The post may come from a trusted friend or a family member. All you need to do is provide your name, email, and the names and contact information of a few book-loving friends. Then, you'll send one book to a stranger who already

signed up. In return, you'll receive 36 books from people around the globe.

Cool, right? Wrong. This kind of gift exchange is actually an illegal pyramid scam. The book exchange may work initially, but eventually, new people will stop participating or responding to the messages. Then, new recruits will never receive the books they were promised. In addition, you'll have handed over your personal information – and that of your friends – to a complete stranger.

How to avoid gift exchange scams

Juliana Tracey On Dean's List At University Of N.E.

Juliana Tracey of Quincy has been named to the Dean's List for the fall semester at the University of

New England in Biddeford and Portland, ME.

Liam Tollenger On Dean's List At The University Of Utah

Liam Tollenger of Quincy has been named to the Dean's List for the fall semester at the University of

Utah in Salt Lake City. Tollenger's major is listed as Operations & Supply Chain BS.

• Ignore plays on your emotions. Don't fall for pleas to participate in a book exchange because you'll be "brightening someone's day" or "paying it forward." Think about it logically. Is it sustainable to give one book and receive 36 in return? Offers like these are sure signs of a pyramid scheme.

• Too good to be true? There's probably a catch. We all like to get things for free, but don't let this cloud your judgement. Keep in mind that any program that offers big returns for a small contribution is probably doing something illegal.

• Guard your personal information. Never give your name, address, email, or other sensitive information to a stranger. This will make you vulnerable to other scams and identity theft.

• Report social media posts that promote pyramid schemes. If you spot a pyramid scheme on social media, report it by clicking "report post" or "report photo."

PUBLIC NOTICE

PUBLIC NOTICE

2022-023

Presently pending in the Finance, Ordinance & Oversight Committees of the Quincy City Council to be passed at a later date:

Ordinance – M.G.L. Chapter 59 Section 5C Establishing a Residential Property Tax Exemption

WHEREAS, the City of Quincy has experienced exponential growth in its neighborhoods spurred primarily by the efforts of revitalizing the Downtown, and secondarily, by growth in surrounding cities and towns; and

WHEREAS, this growth in the neighborhoods across the City is overwhelmingly residential; and

WHEREAS, residential property taxes continue to rise and therefore residential property taxes continue to increase, and the tax base in Quincy is primarily made up of residential versus commercial; and

WHEREAS, the City has made concerted efforts to encourage commercial growth; and

WHEREAS, while we continue to experience new growth and development in the City, the affordability for current residents is a concern; and

WHEREAS, the new residential growth should not come at the expense of current residents; and

WHEREAS, we must maintain affordability for all Quincy residents.

THEREFORE LET IT BE ORDERED that the Quincy City Council accept Chapter 59 Section 5C of the Acts of 2016 Massachusetts General Laws which provides for an exemption for residential real property equal to not more than 35% of the average assessed value of Class One, residential parcels within the City, to be effective for exemptions granted for any fiscal year beginning on or after July 1, 2022 or take any other action relative thereto.

A TRUE COPY

ATTEST: Nicole L. Crispo
Clerk of Council

OBITUARIES

Doris L. Prendiville, 96

Doris L. (Lundell) Prendiville, of Quincy, formerly of Dorchester, passed peacefully on Jan. 29, at the South Shore Hospital in Weymouth. She was 96.

Born in Boston on June 5, 1925, she was the daughter of the late Axel V. and Signe D. (Nelson) Lundell. Doris graduated from Hyde Park High School in 1942 and from The Fisher School in 1943 with an associate's degree. In addition to caring for her family, Doris worked as an executive secretary for Anderson-Nichols & Co. and The Boston Company in Boston. She enjoyed her work and the relationships she built throughout the years.

Doris was active in her church, Calvary Community Church in Dorchester, where she served as Sunday School superintendent and church secretary. She knew Jesus was her Lord and Savior and considered death as a graduation from life. Doris and her husband Tim spent many evenings dancing their hearts out at the Viking Club in Braintree. She often claimed she married Tim due to his wonderful dancing abilities. Her yearly vacations to Rockport as her daughter Chris was growing up brought her beautiful memories. She moved to Quincy after Tim's passing but continued to return to Dorchester for several years to attend church and enjoy water aerobics. In her final years, Doris' life was made easier and enjoyable by home health care aides that assisted her, many of them from South Shore Elders. This allowed her to stay in her Wollaston apartment. She was so grateful for all of



DORIS L. PRENDIVILLE

their help and cheerfulness in cooking, cleaning and being wonderful company.

Doris was the beloved wife of the late Timothy W. Prendiville, who died in 2000. The two married on Sept. 23, 1950, in Boston. Together they shared 50 years of loving marriage. She was the devoted mother of Christine Prendiville of Quincy, and the loving godmother of Jeanne Perry of Rhode Island. Doris was the dear cousin of Dorothy Fredrikson of Framingham, and was preceded in death by her siblings: Allen W. and Harold L. Lundell. She is also survived by many loving nieces and nephews.

A Celebration of Doris' life will be celebrated on Sunday, May 15, 2022, at North River Church, 334 Old Oak St., Pembroke, at 2 p.m. Relatives and friends are respectfully invited to attend. Per Doris' request, please do not wear black, but instead wear a beautiful spring color to remember her by. Interment is private.

In lieu of flowers, memorial contributions may be sent in Doris' name to Habitat for Humanity by visiting: <https://www.habitat.org>.

See www.Keohane.com for directions and online condolences.

Eileen Mary Connell, 27

It is with great sorrow and heartbreak that we announce the passing of our beloved Eileen. Eileen Mary Connell passed away Jan. 30th at MGH, after her year long battle with liver disease.

She was born on March 19, 1994, to her parents John and Theresa Connell of Quincy. She leaves behind her loving sister Julie, soulmate Nick Papadopolous, cousins Courtney Nickson and Kyle Bourget, and many family and friends.

Eileen attended St. Ann's Elementary School and then Archbishop Williams High School, Class of 2012. After high school, she worked with her aunt while pursuing a degree in criminal justice. She was a kind, compassionate and interesting person.

Eileen had a great passion for animals. She was the best cat mom to her black cat Pookah. In her short life, she traveled to many places including Ireland, California, Florida, Mexico, Dominican Republic, and Canada. Eileen also had a green thumb, she grew and cared for her exotic house plants and tended to her beautiful garden.

Eileen's favorite pastime was watching true crime television and murder mystery shows while working on arts and crafts. Eileen could throw a mean spiral and humored her dad for many years by playing a quick game of catch in the backyard before Patriot



EILEEN M. CONNELL

home games to help him determine "game conditions."

Eileen was what some would say was an old soul, as she had an interest in old Hollywood movies and would often surprise her teachers with knowledge of Bob Hope, Myrna Loy and many others.

She was a well-rounded young lady and was very happy and lucky that she had Nick in her life. We will miss her very much as she was one of a kind. Anyone who knew her knows this is not an exaggeration.

We know Eileen is in a happy place now and will shine down upon us with her good spirits.

A funeral Mass was celebrated Monday in St. Ann's Church.

Burial was in Forest Hills Cemetery, Boston.

Funeral arrangements were made by the Keohane Funeral Home, 785 Hancock St., Quincy.

Memorial donations may be made to Quincy Animal Shelter, PO Box 690088, Quincy, MA 02269.

See Keohane.com for online condolences.

Richard J. McCormick, 87

Richard J. "Dick" McCormick, age 87, of Quincy, originally from Dorchester, died peacefully Feb. 2 at Carney Hospital, in the comfort of his loving family.

Richard was born in Boston, to the late Felix and Rose (DeHont) McCormick. Raised in Dorchester, he was a graduate of Boston College High School, Class of 1952, and the College of the Holy Cross, Class of 1956. He earned his Juris Doctor degree from Boston College Law School in 1961. He lived in Quincy for most of his life.

Dick was proud to have served in the United States Army during the 1950s.

He was the former City Solicitor for the City of Quincy.

Dick was a longtime member of the Quincy Lodge of Elks where he enjoyed playing cards and was a Past Exalted Ruler.

Beloved husband of the late Joanne R. (Derocha) McCormick.

Devoted father of Kevin R. McCormick and his wife Michele of Mansfield, Brenda C. Armand and her husband Brian of Danvers, and Brian M. McCormick and his wife Tania Rizzi of Watertown.

Loving grandfather of Brendan, Ryan, and Shamus McCormick, Justine and Trevor Armand, Margot and



RICHARD J. MCCORMICK

Audrey McCormick.

One of five siblings, he was the brother of Maryann Rioux Padovani of Walpole, and was predeceased by Robert McCormick, Louise Landry, and Paul McCormick. Richard is also survived by many nieces and nephews.

Former husband of Kathleen M. (O'Brien) McCormick of Quincy.

Funeral services were conducted Monday at the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Interment, with military honors, will take place privately at a later date.

In lieu of flowers, memorial donations may be made to The Fund for BC High - Financial Aid, Boston College High School, Office of Advancement, 150 Morrissey Blvd., Boston, MA 02125 or www.bchigh.edu.

You are invited to visit www.thesweeneybrothers.com.

William B. Knight

William (Willie) B. Knight of Weymouth, went to be with his Lord Jesus Christ on Jan. 30.

He was one of 12 children born in 1925 to the late Charles W. and Margaret Knight and is survived by his wife Gwendolyn B. Knight. He was the twin of the late Pearl Gilmore of Norwell and is survived by his brother, David M. Knight, Naples, FL. Mr. Knight is also survived by many nephews and nieces.

Willie graduated from Quincy High School and Northeastern University. He served in the U.S. Navy during World War II. Most of his working career was in the broadcasting industry having spent 19 years at WBZ Radio and WBZ-TV 4 as an assistant business manager. He also worked for 11 years at WSBK-TV 38 as comptroller and 10 years at WXNE-TV 25 as vice president/general manager.

For the last five years of his career, he was the business manager of Massachusetts American Water Company in Hingham. He retired in 1992 and was a former member of the Board of Directors of the Weymouth



WILLIAM B. KNIGHT

Co-operative Bank, retiring from that position in 2000 after 28 years of service.

Willie was an active member of Crossroads Worship Center of the Assemblies of God. He previously held membership with Glad Tidings Church, Quincy.

A Celebration of Life service will be held Wednesday, Feb. 9 at 2 p.m. with visitation from 1-2 p.m. at Crossroads Worship Center, 241 Broad St., Weymouth. Rev. Karen C. Rydwansky will officiate.

Burial will be at the Hull Village Cemetery, Hull, immediately following the service. A reception will follow at the church.

The service will be live streamed on YouTube.

For more information and online guestbook, go to downingchapel.com.

NOTICE TO READERS

Obituaries appearing in The Quincy Sun and posted on the newspaper's website are written by the funeral home handling arrangements with input from the deceased's family.

They are not written by The Quincy Sun.

Obituaries are submitted by the funeral homes and are printed in The Sun space permitting.

Art Exhibit At Crane Library

An exhibit entitled "Pas Seul" featuring artist Mario Forgione is on display this month through Feb. 28 at the Thomas Crane Public Library.

Forgione's multi-year longitudinal study is photographed on large format black and white film, and documents small floral arrangements found in nature, highlighting a single piece that makes up a larger whole of a composition.

Pas Seul, which is a French term translating to, a dance for one person, is to convey the thought behind these small floral pieces that stand out among their surroundings and highlight their detail in full display, while the environment

around it continues in the background.

For more information on the exhibit and the artist, visit the Thomas Crane Public Library's website and view its Events Calendar.

Mario Forgione has always had a fascination and love for photography. A child of two adventurous parents, he has documented memories since his early days traveling with family. Forgione holds a BA in Art Therapy and Photography (2015) from Emmanuel College. He completed his first solo exhibition, Grandiose (2019), a macro study of rocks photographed on large format film, which opened the doors to his current project, Pas Seul.



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Paul J. Killilea, 75

Paul J. Killilea, age 75, a longtime Quincy resident, died peacefully Feb. 1, at Beth Israel Deaconess Medical Center in Boston, in the comfort of his loving family.

Paul was born in Cambridge, to the late Mark S. and Mary L. (Malone) Killilea. He was raised and educated in Arlington, and Dorchester and was a graduate of Roslindale High School, Class of 1965. He had lived in Quincy for 46 years, previously in Waterbury, Conn.

He was employed as a letter carrier for the U.S. Postal Service for over 20 years, having worked in the Canton office where he was involved with the community and made many friendships.

Paul proudly served in the U.S. Air Force during the Vietnam era, attaining



PAUL J. KILLILEA

the rank of Sergeant.

He enjoyed golf and was an avid Boston sports fan.

Paul loved the ocean, and family trips to York Beach, Maine, where he delighted in swimming at both Long Sands Beach and Short Sands Beach.

Most of all, Paul was dedicated to his family, especially his loving wife, children, and grandson.

Beloved husband for 53 years of Eileen M. (Rivet)

Killilea.

Devoted father of Laurie A. Killilea of Weymouth, John P. Killilea and his wife Kerrilee of Braintree.

Cherished grandfather of Kyle.

One of four siblings, Paul was the brother of Mark Killilea of Sutton and was predeceased by Elana Killilea and Terri Incas-ciato. He is also survived by several nieces and nephews.

A Celebration of Paul's Life will take place at a later date.

For those who wish, donations in Paul's memory may be made to the charity of your choice.

Arrangements were under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy. You are invited to visit www.thesweeneybrothers.com or call 617-472-6344.

Henry J. Lamb, Jr., 80

Henry Joseph Lamb, Jr. May 29, 1941 - February 1, 2022. Henry was 80

Henry grew up in North Quincy, MA. He was a proud graduate of North Quincy High School. He holds an undergraduate degree from Mass Maritime Academy in marine engineering. He returned to Mass Maritime post graduation where he held a long and successful career as a Professor of Engineering.

He also served as faculty advisor to the Athletic Program for which he was inducted into the MMA Athletic Hall of Fame. During his time at the Academy, he worked to achieve two Master's degrees: one from Bridgewater State University in education and one from Harvard University in history.

When Henry wasn't teaching, he could be found at the Squantum Yacht Club where over the years he held



HENRY J. LAMB, JR.

the role of Commodore. He was an active supporter of Quincy Bay Race Week. He loved walking by the ocean either on Wollaston Boulevard or on the Cape Cod Canal.

Henry was generous and kind as evidenced by his years serving as head usher at the Cathedral in Boston as well as his many charitable donations.

Henry was the son of the late Henry J. Lamb, Sr. and Margaret (Mullen) Lamb. Brother of the late Linda (Lamb) Murphy.

He is survived by his loving family, his niece, Michelle Kelly of Plymouth and his nephew, Sean Murphy of Scituate as well as his brother-in-law, Michael Murphy of Scituate. He will be dearly missed by his great nieces: Mackenzie Kelly and Millie Murphy and his great nephew: Garrett Murphy. Henry leaves behind many great friends with whom he was blessed to share his time.

A funeral Mass for Henry was celebrated Wednesday at 10:30 a.m. in Sacred Heart Church, Quincy.

Cremation will follow.

Funeral arrangements were made by the Keohane Funeral Home, 785 Hancock St., Quincy.

Memorial donations may be made to Massachusetts Maritime Academy Athletics, 101 Academy Dr., Bourne, MA 02532. See www.Keohane.com for and online condolences.

Eileen Mary Mavilia, 66

Eileen Mary (Alves), Mavilia, of Randolph, formerly of Dorchester, died peacefully Jan. 28, at Beth Israel Deaconess Medical Center surrounded by her loved ones. She was 66.

Born in Boston on March 10, 1955, she was the daughter of the late Virgil and Irene (O'Neill) Alves. She attended Saint Williams and graduated from South Boston High School with the Class of 1972. Eileen worked as an administrative assistant in the construction industry. She enjoyed her work and the relationships she built throughout the years.

Eileen was the devoted mother of Anthony Mavilia and his fiancée Allison, Jennifer Mavilia, Lisa Mavilia and her partner Chuck. She also shared 25 loving years with former spouse Anthony J. Mavilia Jr. She was the beloved partner of David Ellis, with whom she shared six loving years. Eileen was the dear sister of John Alves and his wife Laura, James Alves and his wife Trish, Joseph Alves, Michael Alves, and Daniel Alves. She was also the devoted second mother of Josue "J.V." Velasquez and is survived by many



EILEEN MARY MAVILIA loving nieces, nephews, extended family and friends.

Relatives and friends are respectfully invited to greet the family during the visiting hours on Wednesday, March 2, 4-8 p.m. in the Keohane Funeral Home, 785 Hancock St., Quincy.

A Celebration of Life Service will be held in the funeral home at 9:30 a.m. on Thursday, March 3, prior to the Funeral Mass at Divine Mercy Parish in St. Ann's Church, Quincy at 10:30 a.m.

Services will conclude with interment in Cedar Grove Cemetery, Boston.

In lieu of flowers, memorial contributions may be sent to long-time family friend and neighbor, fallen officer John O'Keefe's family via the Furbush Family Fund: <https://tinyurl.com/2p8tj9xx>.

See www.Keohane.com for directions and online condolences.

**More Obituaries online at
www.TheQuincySun.com**



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Marjorie A. Campbell

Marjorie A. (McNamara) Campbell, of Quincy, died Feb. 1.

Loving mother Shawn R. Campbell and his wife Cheryl of Tewksbury, Helene M. Campbell of Pembroke, Paul D. Campbell and his wife Michelle of Weymouth and David J. Campbell of Quincy. Sister of Mary H. Cook and Thomas A. McNamara and his wife Maureen both of Quincy, Helene P. McNamara of Milton and Francis X. McNamara of Weymouth. Cherished Grandma to Nicholas and Denis Campbell, Patrick and Daniel Ryan and Bryan and Julie Campbell. Great grandmother of Mady Ryan. Marjorie is also survived by many nieces and nephews.

Marjorie was born in Dorchester and moved to



MARJORIE A. CAMPBELL

Quincy. She attended Quincy City Hospital School of Nursing Class of 1958. She worked as a registered nurse for more than 40 years at Quincy Hospital.

Marjorie also worked for Quincy Visiting Nurse for 12 years where she spent many years working at Fr. Bill's Place in Quincy. She was a member of Massachu-

setts Nurses Association, as well as Quincy Hospital Nurses Alumni Association.

Marjorie was an avid reader, she also enjoyed spending time with her family. Marjorie devoted her life to taking care of others, she will be sadly missed by all those who knew her.

A funeral Mass for Marjorie was celebrated Tuesday in St. Ann's Church, Quincy.

Cremation followed.

Funeral arrangements were made by the Keohane Funeral Home, 785 Hancock St., Quincy.

Memorial donations may be made to Fr. Bill's Place, 38 Broad St. Quincy, MA or to Boston Children's Hospital, 300 Longwood Ave., Boston, MA. See www.Keohane.com for online condolences.

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Bay Copy, Quincy Chamber Of Commerce Form Benefit Alliance

Bay Copy, a provider of digital document solutions now in its 50th year of operation, announces a partnership with the Quincy Chamber of Commerce where Quincy Chamber members will be eligible for significant discounts on document generation equipment and the supporting technology, service and supplies.

Peter Racicot, director of Healthcare and Strategic Accounts at Bay Copy and a founding member of the Quincy Chamber, has worked with Chamber Pres-

ident and Executive Director Tim Cahill to develop the program. Bay Copy will work with the Chamber to provide their members in good standing a significant benefit in terms of the products and services that Bay Copy provides—including multi-function printers (copiers), and technology to support it. This arrangement will save Chamber members as much as 35% of the Manufacturers' Suggested Retail Price (MSRP) on the lease or purchase of copiers and multi-function printers.

Ray Belanger, CEO of Bay Copy, said, "Our company provides significant cost saving opportunities to companies and organizations on their document generation through Managed Print Services programs. We analyze equipment usage and a company's document generation needs and our efforts can often result in 15% -25% reductions on document generation costs. When you consider that the average business spends anywhere from 2% to 5% of their bottom line on the cost of producing documents, this can result in significant

cost savings for the business or organization."

Tim Cahill, president and executive director of the Quincy Chamber of Commerce, said, "We're very excited about this partnership with Bay Copy. There's a great additional connection between our organizations, with Peter Racicot as a former Chamber Chairperson of the Board of Directors. When Peter spoke to me about this proposal, the concept really appealed to our entire Board. Every time we can provide another value-add for our members we're pleased to, and this is

a great opportunity for our membership."

Racicot added, "One of the greatest strengths of the Quincy Chamber is how it continually advocates for its membership by providing cost-saving opportunities. It's one of many ways in which they differentiate themselves. Tim and his team are tireless advocates

for the Chamber and its members.

I've always seen the Quincy Chamber as a dynamic, entrepreneurial organization." And through our arrangement with the Quincy Chamber, members can save 35% of the MSRP on equipment and additional favorable pricing on technology support."

Six Quincy Students On Fairfield Dean's List

Six students from Quincy have been named to the Dean's List for the fall semester at Fairfield University.

They are:

Julia Geary, Ethan Johnson, Sara McDonald, Julia McGillicuddy, Edward Ordway and Jack Kelly.

NOTICE OF PUBLIC HEARING

Case ZBA 22-1

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, February 22, 2022 @ 5:30 P.M. to consider the application of Attorney William Phelan for a Variance/Finding to replace a 3-season porch with a 4-season family room addition in violation of Title 17 as amended, Chapter 3.4 (nonconforming structures), Chapter 4.0 (dimensional requirements) on the premises numbered **37 PHIPPS STREET, QUINCY.**

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals

Time: Feb 22, 2022 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us06web.zoom.us/j/81229273539?pwd=cCt2V2RqbNzQaHpXREFQak9JTUV1dz09>

Meeting ID: 812 2927 3539

Passcode: Quincy

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 812 2927 3539

Passcode: 060122

Find your local number: <https://us06web.zoom.us/j/kd7eywhx6k>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

Martin Aikens, Chairman

2/3/22, 2/10/22

NOTICE OF PUBLIC HEARING

Case ZBA 22-2

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, February 22, 2022 @ 5:30 P.M. to consider the application of Eileen Brito Rosa for a Variance/Finding to reconstruct the existing home in violation of Title 17 as amended, Chapter 3.4 (nonconforming structures) and Chapter 4.0 (dimensional requirements) on the premises numbered **334 ROCK ISLAND ROAD, QUINCY.**

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals

Time: Feb 22, 2022 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us06web.zoom.us/j/81229273539?pwd=cCt2V2RqbNzQaHpXREFQak9JTUV1dz09>

Meeting ID: 812 2927 3539

Passcode: Quincy

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 812 2927 3539

Passcode: 060122

Find your local number: <https://us06web.zoom.us/j/kd7eywhx6k>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

Martin Aikens, Chairman

2/3/22, 2/10/22

NOTICE OF PUBLIC HEARING

Case ZBA 22-3

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, February 22, 2022 @ 5:30 P.M. to consider the application of JCBT Architect for a Variance to construct a new 2.5 story single family home with a one-story deck in violation of Title 17 as amended, Chapter 4.0 (dimensional requirements) on the premises numbered **11 PRESCOTT TERRACE, QUINCY.**

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals

Time: Feb 22, 2022 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us06web.zoom.us/j/81229273539?pwd=cCt2V2RqbNzQaHpXREFQak9JTUV1dz09>

Meeting ID: 812 2927 3539

Passcode: Quincy

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 812 2927 3539

Passcode: 060122

Find your local number: <https://us06web.zoom.us/j/kd7eywhx6k>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

Martin Aikens, Chairman

2/3/22, 2/10/22

NOTICE OF PUBLIC HEARING

Case ZBA 21-96

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, February 22, 2022 @ 5:30 P.M. to consider the application of Patricia Welbourn, Architect for a Variance to construct a single-family home in violation of Title 17 as amended, Chapter 4.0 (dimensional requirements) on the premises numbered **166 VASSALL STREET, QUINCY.**

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals

Time: Feb 22, 2022 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us06web.zoom.us/j/81229273539?pwd=cCt2V2RqbNzQaHpXREFQak9JTUV1dz09>

Meeting ID: 812 2927 3539

Passcode: Quincy

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 812 2927 3539

Passcode: 060122

Find your local number: <https://us06web.zoom.us/j/kd7eywhx6k>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

Martin Aikens, Chairman

2/3/22, 2/10/22

LEGAL NOTICE

CITY OF QUINCY BOARD OF LICENSE COMMISSIONERS

Notice is hereby given under Chapter 138 of the Massachusetts General Laws that an application has been received from AET Group Inc., doing business as Rags Tavern, for a change of officers and directors and a change of ownership interest for the premises located at 375 Washington Street. A hearing will be conducted at 4 pm on Tuesday, February 22, 2022, using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Nicole L. Crispo

Chair

Topic: February 22, 2022 License Board Hearing

Time: Feb 22, 2022 04:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://quincycollge.zoom.us/j/2309068852>

Meeting ID: 230 906 8852

One tap mobile

+19292056099,,2309068852# US (New York)

+13017158592,,2309068852# US (Washington DC)

Dial by your location

+1 929 205 6099 US (New York)

+1 301 715 8592 US (Washington DC)

Meeting ID: 230 906 8852

Find your local number: <https://quincycollge.zoom.us/j/kDpypqzfG>

2/10/22

NOTICE OF PUBLIC HEARING

Case ZBA 21-99

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, February 22, 2022 @ 5:30 P.M. to consider the application of Britton Munson for a Finding to remove the existing enclosed deck and replace it with a new deck and mudroom in violation of Title 17 as amended, Chapter 3.4.3 (nonconforming structures) on the premises numbered **11 CHICK STREET, QUINCY.**

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals

Time: Feb 22, 2022 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us06web.zoom.us/j/81229273539?pwd=cCt2V2RqbNzQaHpXREFQak9JTUV1dz09>

Meeting ID: 812 2927 3539

Passcode: Quincy

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 812 2927 3539

Passcode: 060122

Find your local number: <https://us06web.zoom.us/j/kd7eywhx6k>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

Martin Aikens, Chairman

2/3/22, 2/10/22

OBITUARIES

Susan Z. Stamos

Susan Z. Stamos of Pembroke passed on Jan. 31, 2022 peacefully with loved ones.

Susan is survived by her loving husband Steve Stamos (Hennigan). Also by her mother Barbara Stamos, brother Jim Stamos and his wife Marie.

Susan grew up in North Quincy and went to college at UCLA. From LA, she moved to Pembroke, MA. Susan is soon to be inducted into the North Quincy High School Football Hall of Fame for her commitment to running the annual golf tournament that raises money for scholarships. She was also a Justice of the Peace that has officiated hundreds of weddings.

Relatives and friends are respectfully invited to greet



SUSAN Z. STAMOS

the family during the visiting hours on Friday 4-8 p.m. in the Keohane Funeral Home, 785 Hancock St., Quincy. A funeral home service will be celebrated on Saturday at 11 a.m. Burial will be private.

In lieu of flowers, donations may be made in Susan's name to the NQHS Class of 1973 Scholarship Fund, Eastern Bank, 80 Washington St., Norwell, MA 02061.

Patricia P. Doyle, 71

Patricia P. Doyle of Braintree passed away on Tuesday, Feb. 1, 2022, at the age of 71.

Born in Dorchester, Patricia worked as a Management Supervisor at Braintree Rehab Hospital.

Patricia is survived by her beloved husband Peter J. Doyle; she was the loving mother of Ryan M. Doyle and his wife Lindsey of Whitman, Steven G. Doyle of Braintree; dear grandmother of Charlie D. Doyle, Nolan R. Doyle, and Micky G. Doyle; loving sister of James E. Pettitti of Scituate, Jean M. Pettitti of Wey-

mouth, Betsy Ballentyne of Bridgewater, and the late Rich S. Pettitti.

Visiting hours were Tuesday in the Dennis Sweeney Funeral Home, 74 Elm St., Quincy Center.

On Wednesday there was a gathering at the Funeral Home at 9:30 a.m. prior to the Mass at 10:30 a.m. at St. Mary's Church in West Quincy. Burial followed at Blue Hill Cemetery, Braintree.

In lieu of flowers, donations can be made to Dana Farber Cancer Center at dana-farber.org.

John F. Clarke, 73

John Francis Clarke, age 73, a longtime resident of Quincy, died peacefully, Thursday, Feb. 3, 2022 in the comfort of his home, surrounded by his loving family.

John was born in Boston, to the late Roswell and Olive (Riedel) Clarke. Raised and educated in Quincy, he was a graduate of Quincy High School, Class of 1965, and had lived in Quincy for most of his life.

He was employed as a union bricklayer and was a proud member of Local 52 for fifty-six years.

John and his wife, Lynda, raised their sons in Milton for over twenty years.

He was a life member of the Quincy Lodge of Elks where he made many friendships.

John enjoyed cooking for family and friends and loved spending summers in Ogunquit, Maine. Most of all, John was devoted to his

family, especially his three cherished grandchildren.

Beloved husband for fifty years of Lynda H. (Parks) Clarke.

Devoted father of John Francis Clarke, Jr. and his wife Julie of Milton, and Matthew Coe Clarke of Quincy.

Cherished grandfather of Petal, Christian, and Taylor. John was one of eight siblings.

At the request of the family, funeral services were private.

For those who wish, donations in John's memory may be made to Norwell VNA & Hospice, 120 Longwater Dr., Norwell, MA 02061.

Arrangements were under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy. You are invited to visit thesweeneybrothers.com or call 617-472-6344

AAA: Gasoline Prices In MA Up Five Cents

Massachusetts's average gas price is up five cents from last week (\$3.39), averaging \$3.44 per gallon. Monday's price is seven cents higher than a month ago (\$3.37), and \$1 higher than Feb. 7, 2021 (\$2.44). Massachusetts's average

gas price the same as the national average.

Blustery winter weather and geopolitical tensions are helping to drive the price of oil higher, which is in the low-\$90s per barrel, nearly \$30 more than in August. The recent cold weather in

the U.S. increased the demand for heating oil. Meanwhile, the concern that Russia will react to potential western sanctions by withholding crude oil from the already tight global market puts heavy upward pressure

on prices.

AAA Northeast's Feb. 7 survey of fuel prices found the current national average to be eight cents higher than last week (\$3.36), averaging \$3.44 a gallon.

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO22P0167EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
William T. Carroll
Date of Death:
12/09/2021

To all interested persons:
A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **Daniel G. Raymondi of Quincy, MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **Daniel G. Raymondi of Quincy, MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 03/02/2022. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: January 27, 2022
COLLEEN M. BRIERLEY
Register of Probate

2/10/22

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO22P0196EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
John F. Doyle
Date of Death:
09/24/2021

To all interested persons:
A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **Joanne Doyle Petrongolo of Quincy, MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **Joanne Doyle Petrongolo of Quincy, MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 03/02/2022. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

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WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: February 1, 2022
COLLEEN M. BRIERLEY
Register of Probate

2/10/22

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO22P0145EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
Everton George Peddie
Date of Death:
07/30/2021

To all interested persons:
A Petition for **Formal Adjudication of Intestacy and Appointment of Personal Representative** has been filed by **Nathan D. Peddie of Salem, MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **Nathan D. Peddie of Salem, MA** and **Frederick L. Chetwynd of Quincy, MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 03/02/2022. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

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A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: January 27, 2022
COLLEEN M. BRIERLEY
Register of Probate

2/10/22

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO22P0175EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
Mary S. Dennis
Also known as:
Mary Sylvia Dennis
Date of Death:
11/24/2021

To all interested persons:
A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **David M. Spillane of Hanover, MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **David M. Spillane of Hanover, MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 03/02/2022. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: January 31, 2022
COLLEEN M. BRIERLEY
Register of Probate

2/10/22

SUN FUN PAGES

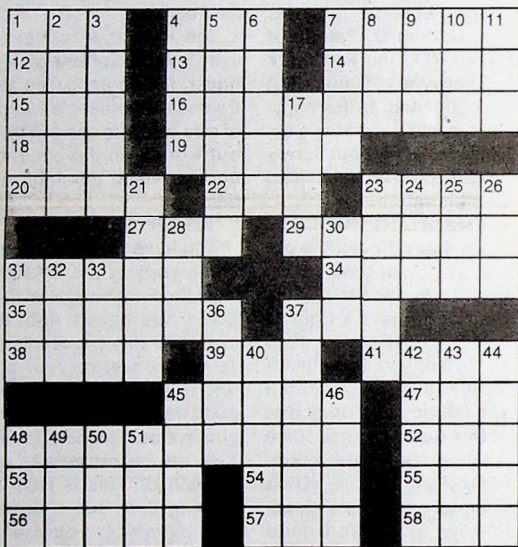
King Crossword

ACROSS

- 1 "Keep it down!"
4 Tax pro
7 Whizzes (by)
12 Horse chow
13 Owned
14 Emanations
15 Shred
16 Pennsylvania city
18 Guitar's kin
19 Symbol of freshness
20 Lancaster or Reynolds
22 "Blue Bloods" ainer
23 Fly high
27 Flamenco cheer
29 Oliver Twist, for one
31 French composer Gabriel
34 Hilo hello
35 Snowman's nose
37 Links org.
38 Prop for Dr.
- House
39 Devilish laugh
41 Body powder
45 "I'm with you!"
47 Meadow
48 Pennsylvania city
52 Conditions
53 Boredom
54 Kimono sash
55 Packed away
56 "The Dapper Don"
57 Fixed
58 Snake's sound
- 17 Old U.S. gas brand
21 Baseball manager Joe
23 Pie-in-the-face sound
24 Discoverer's call
25 Satisfied sigh
26 Genetic letters
28 Summer sign
30 Cleaning cloth
31 TV watchdog org.
32 Small battery
33 Coffee vessel
36 Biblical pronoun
37 "Friends" role
40 Community spirit
42 Fake name
43 Some jabs
44 Attorney's load
45 Roman 1052
46 Skip
48 Plead
49 Rock's Brian
50 Potent stick
51 Shack

DOWN

- 1 Bush
2 Japanese verse
3 High-strung
4 Sudan neighbor
5 Royal home
6 Extemporize
7 Madcap
8 "Shoo!"
9 Acapulco gold
10 Gullet
11 Capitol Hill VIP



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MAGIC MAZE • BLACKJACK TERMS

F Y W T R P M K P I F D B Y X
R E D N E R R U S D W U S Q O
O E M K (INSURANCE) D B
I F L D B H O A Z X W S U N G
S L W A R D C Y Q O O N L A N
J H A E E E F D T N C A Y T I
W V T R L D G O I N G B U S T
S Q P O U B N S L L E K I H T
F E H C B T A Z P Y W W V U E
S R Q P N C A T S M H I T L B
J I H G N I T N U O C D R A C

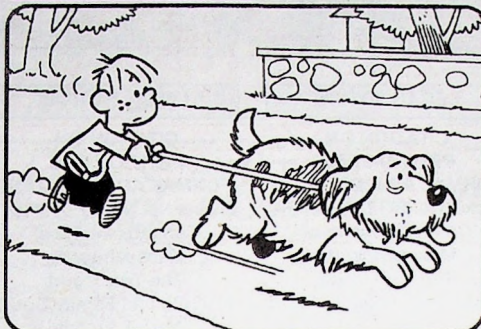
Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: Player Takes no more Cards

Betting box Draw Insurance Surrender
Card counting Going bust Natural Table
Casinos Hit Push Twenty-one
Dealer Hole card Split

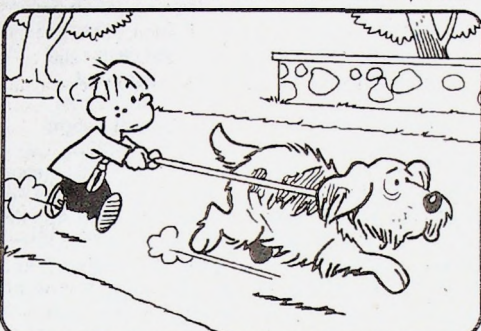
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Leash is shorter. 2. Tail is lowered. 3. Wall is shorter. 4. House is missing. 5. Tongue is different. 6. Front paw is hidden.

Trivia test

1. MYTHOLOGY: In Roman mythology, Cupid is the god of love. What's the name of the Greek god of love?
2. MOVIES: Which movie series features a character named Inspector Clouseau?
3. GENERAL KNOWLEDGE: What is the basic currency used in Greenland?
4. HISTORY: What was the first toy to be advertised on U.S. television?
5. MEASUREMENTS: What is the unit of measurement used to gauge the speed and direction of a computer mouse?
6. GEOGRAPHY: Which U.S. territory's unofficial slogan is "Where America's Day Begins"?
7. TELEVISION: What is the

longest running scripted TV series?

8. U.S. PRESIDENTS: Which president campaigned for election with the slogan "Happy Days Are Here Again"?
9. LANGUAGE: In British English, what is a windcheater?
10. ANATOMY: What part of the human brain controls hunger?

Answers

1. Eros
2. "The Pink Panther"
3. Danish krone
4. Mr. Potato Head
5. Mickeys per second
6. Guam, whose location is near the International Date Line
7. "The Simpsons"
8. Franklin Roosevelt (1932)
9. A windbreaker
10. Hypothalamus

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Wishing Well®

7 8 3 2 5 8 6 4 5 6 3 8 7
A Y A S A O A M M H P U S
6 4 3 7 6 7 8 4 2 6 3 7 6
E O P W A I P O P V L T Y
3 4 7 2 3 4 5 6 3 5 2 4 2
Y D C R N I B W E I E M A
4 5 2 7 8 3 4 8 2 8 7 6 2
P T D H L W R A J N T O O
7 5 7 4 3 2 3 6 5 3 5 8 3
O I S O S Y K R O I N A L
6 5 7 3 4 8 7 6 4 8 3 5 4
K H U L V C C L E R S I S
7 8 7 6 7 6 8 5 6 8 7 8 5
C U E O S A I G D S S E H

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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Salome's Stars

ARIES (March 21 to April 19) A close friend or relative has news that can change some of your plans. Be flexible. You could be in for a most-pleasant surprise at how things turn out.

TAURUS (April 20 to May 20) A new opportunity opens just as you close the door on an earlier project. However, you should be prepared to make adjustments in your expectations.

GEMINI (May 21 to June 20) Expect a surprise ally in your corner when you confront a still-uncertain situation in your workplace. In your personal life, a family member has good news.

CANCER (June 21 to July 22) A co-worker could resent what he or she might perceive as arrogance on your part. Smooth things over with a full explanation to avoid a serious misunderstanding.

LEO (July 23 to August 22) There is no time for catnaps this week. A workplace problem needs your attention before it gets out of hand. Ditto a financial matter that must be resolved as soon as possible.

VIRGO (August 23 to September 22) Pressuring someone to act quickly on a problem could backfire. It makes good sense to be both patient and supportive if you want full cooperation.

LIBRA (September 23 to October 22) A touch of uncertainty lurks in your aspect

this week. Weigh all decisions – personal and professional – even more carefully than you usually do.

SCORPIO (October 23 to November 21) You need to use your innate good sense to help you sort through career offers that might not be what they appear. A trusted associate can help.

SAGITTARIUS (November 22 to December 21) Things move along more smoothly at work, but a personal relationship presents some challenges that need close attention.

CAPRICORN (December 22 to January 19) Positive observations resolve the last lingering doubts about a recent move. Now you need to work on that still-pesky problem with a loved one.

AQUARIUS (January 20 to February 18) You might be a generous soul, but avoid being taken advantage of by those who have their own agendas. If you have any doubts, get out before regret sets in.

PISCES (February 19 to March 20) Your strength might be tested by conflicting priorities in your personal life. Weigh the facts and then make the only choice you can: the right one.

BORN THIS WEEK: You have a deep sense of honesty and spirituality. People instinctively put their trust in you to lead them to the light.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: D equals F

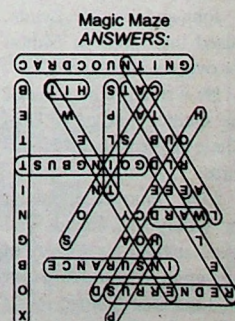
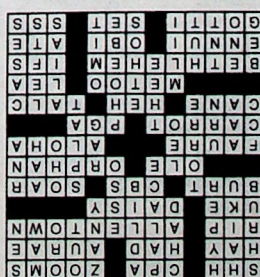
MUYUJJUE EK IGQR MU PQIMTJK
Q WTRPS UD GQJAK, DGQM DHBS.
ZKB, EK'GG WK PQMPSHRA BUYK
JQZB.

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King Crossword

Answers

Solution time: 26 mins.



Yes, we'll be catching some rays.
A bunch of large, flat fish.
Tomorrow we plan to capture

CryptoQuip answer

SHURUOQ DIOM QAISSAQONJORA

Super Crossword

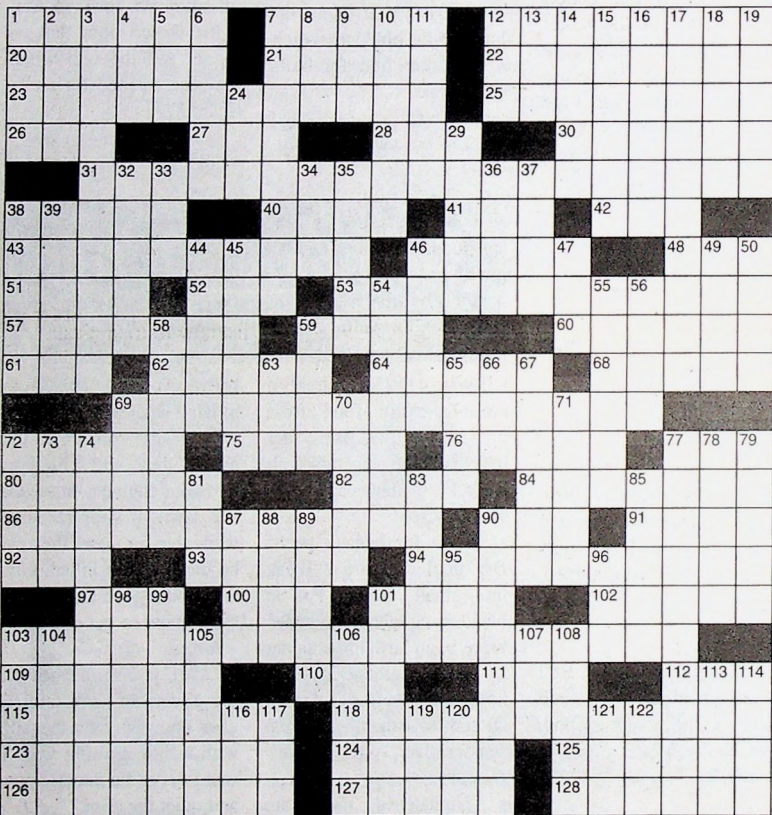
Downsizing

ACROSS

- 1 Unicellular swimmer
- 7 Fold in a skirt
- 12 Jolie of film
- 20 The "R" of 33-Down
- 21 Actor Cox
- 22 Prepared for storage, as a hose
- 23 Endlessly repeating programming problem
- 25 Fashion designer in "The Incredibles"
- 26 Hwy. felony
- 27 Man-mouse middle
- 28 What iPads run on
- 30 "Boston Legal" actor James
- 31 Higher, spiritual level of awareness
- 38 Get a whiff of
- 40 Lift to check the weight of
- 41 Gig hookup
- 42 PC key abbr.
- 43 Elicitor of a major "Whew!"
- 46 Zodiac ram
- 48 Truckload
- 51 Basso solo, e.g.
- 52 Eligible for Soc. Sec.
- 53 Head honcho
- 57 Some hole menders
- 59 Force unit
- 60 Bouffant, e.g.
- 61 Pipe joint
- 62 — Yello (Coca-Cola brand)
- 64 China's Zhou —
- 68 Sharon of "Cagney & Lacey"
- 69 M114
- 72 Prickly shrub
- 75 Occurrence
- 76 — d'Or (Cannes award)
- 77 G-man, e.g.
- 80 Cousin's mommy
- 82 Actresses Carrere and Mowry
- 84 "Look here as well," in a reference book
- 86 1931 crime film starring Edward G. Robinson
- 90 — Juan
- 91 Late hours, in ads
- 92 Minneapolis-Montreal dir.
- 93 King of CNN
- 94 1971 Elton John song
- 97 CD — drive
- 100 Comical Costello
- 101 Just OK
- 102 Microwaves
- 103 Bacterium, e.g.
- 109 Blissful
- 110 "General" of Chinese cuisine
- 111 Miracle — (plant food)
- 112 Vocalist Sumac
- 115 Not together
- 118 2, for helium
- 123 Like rags
- 124 Follow, as a pointer
- 125 Join a force
- 126 Evaluates
- 127 Partner of Cheech
- 128 Chinese system of calisthenics

DOWN

- 1 Quite dry
- 2 Bill of fare
- 3 She may be a gofer
- 4 Wallace of "Lord Jim"
- 5 Actor Affleck
- 6 Universal truth
- 7 "Amen, pastor!"
- 8 Online chuckle
- 9 Roxy Music's Brian
- 10 Put holy oil on
- 11 Manuscript mistakes
- 12 King beater
- 13 Nonverbal "yes"
- 14 Knife of old infomercials
- 15 Pass, as time
- 16 French racing city
- 17 "Upon my word!"
- 18 "David" and "The Thinker"
- 19 Imitating sorts
- 24 Prefix with state
- 29 Make afraid
- 32 Fake fat in some chips
- 33 Kind of camera, in brief
- 34 Just-OK grade
- 35 — a mile (not even close)
- 36 "Yes, sign me up"
- 37 14-member oil gp.
- 38 Color
- 39 Wall painting
- 44 Did it wrong
- 45 "Gigi" star
- 46 G-man, e.g.
- 47 "Quiet down"
- 49 Chances
- 50 New Mexico skiing spot
- 54 Lethargy
- 55 "You got that right!"
- 56 Floral symbol of purity
- 58 Former "Top Chef" judge
- 59 Rounded roof
- 63 "P.S. I — U" (old TV show)
- 65 They may be glossed over
- 66 Carte lead-in
- 67 "You got that right!"
- 69 "Joey" star LeBlanc
- 70 Anxious
- 71 Make revisions to
- 72 Farm bundle
- 73 Lay waste to
- 74 Picks off, as a pass
- 77 Lighter catchphrase in old ads
- 78 Lauder of fragrances
- 79 Active types
- 81 Sometimes-jellied fish
- 83 — Detoo (sci-fi droid)
- 85 Latin for "year"
- 87 Trig is a prereq for it
- 88 Ending for buck or stink
- 89 Spew lava
- 90 Being amorous, to Brits
- 95 Jerusalem's nation: Abbr.
- 96 Darth Vader, as a kid
- 98 Rocco
- 99 Watery silks
- 101 Whiskey type
- 103 Political hostess
- 104 Thoughts
- 105 Injury marks
- 106 Singer Hayes
- 107 Bow's shape
- 108 Tune for nine
- 113 Fit together
- 114 Beginner's painting class
- 116 Pipe joint
- 117 Mag staff
- 119 Western tribe
- 120 Sun.-Tue. link
- 121 Article in Argentina
- 122 1,051, in old Rome



celebrity extra

by Dana Jackson

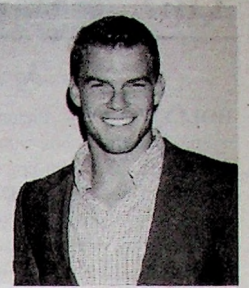
Q: I saw that they are turning my favorite novels ("Jack Reacher") into a TV show. However, wasn't there a movie first? I never saw it because Tom Cruise seemed miscast in the role, but I'm willing to give the series a chance if the actor fits the part better. -- E.K.

A: When Tom Cruise was cast as Jack Reacher a decade ago in the movie of the same title, fans of the novels balked. Isn't Jack Reacher 6 feet 5, they asked? Even Lee Child, the author of the novels, expressed concern that the 5 foot 7 Cruise wasn't what he envisioned. The movie did well enough to justify a sequel four years later, and in 2018 a deal was signed to take the character in a new direction in the form of a series.

According to TV Guide, Reacher "is fond of staring down his adversaries and letting his imposing frame do the intimidating." Actor Alan Ritchson will now assume the big shoes of Reacher. DC Universe fans might recognize him as Arthur Curry/Aquaman in the "Smallville" series and as Hank Hall/Hawk in "Titans."

"Reacher" will premiere on

Amazon's Prime Video beginning Feb. 4 and co-stars Willa Fitzgerald ("Younger") and Malcolm Goodwin ("iZombie"). As for Cruise, don't worry, he's still gainfully employed. He's filming his eighth "Mission Impossible" film and has the sequel to "Top Gun" ("Top Gun: Maverick") "due out soon."



Alan Ritchson stars in "Reacher"

Photo Credit: Depositphotos

Q: Whatever happened to Bridget Fonda? I loved her in "Point of No Return" and "Singles" back in the 1990s, but she seems to have disappeared. -- D.J.

A: The daughter of Peter Fonda and niece of Jane Fonda, Bridget Fonda was the It Girl of the '90s. In addition to the movies you named, she starred in "Single White Female," "Lake Placid" and "A Simple Plan," among others. She had a handful of credits through the early 2000s, but that was it. She then married Oscar-winning composer Danny Elfman and has remained out of the spotlight.

Q: When did Rob Lowe start acting? The first time I saw him was in the movie "The Outsiders," but my sister swears that he was a child actor before then. -- C.J.

A: Rob Lowe was born in Virginia to a schoolteacher mother and an attorney father. While he wasn't a child actor during his elementary grade years, he did earn his

first television acting credit at the age of 15 with the sitcom "A New Kind of Family," followed by acting roles in a couple of ABC Afterschool Specials. "The Outsiders" is where his heartthrob status began and really has never stopped. (He looks amazing at the age of 57!)

He branched out into comedy with the Austin Powers movies and returned to television drama in Aaron Sorkin's "The West Wing." He's hinted that his favorite role was playing health nut Chris Traeger in the NBC comedy "Parks & Recreation." You can catch Rob in the hit "9-1-1: Lone Star," which airs on Monday nights on Fox.

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803.

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Even Exchange by Donna Pettman

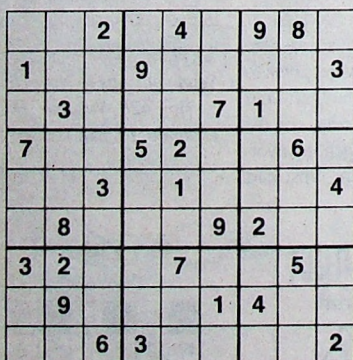
Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|----------------------|-------------|--------------------|-------------|
| 1. Family of kittens | — I — — — — | Second (of two) | — A — — — — |
| 2. Backcomb | — — A — — — | Edgy | — — N — — — |
| 3. Quit one's job | R — — — — — | Plan or pattern | D — — — — — |
| 4. Tent dweller | — — M — — — | Friendly ghost | — — S — — — |
| 5. Big Ben's home | — — — — R — | Locker room linen | — — — — L — |
| 6. Gravy | — — — — C — | Fry lightly | — — — — T — |
| 7. Materialize | — — — — — R | Courtroom petition | — — — — — L |
| 8. Chess game | — — — — T — | Walk in a parade | — — — — R — |
| 9. Brandish | W — — — — | Road sign | Y — — — — |
| 10. Born first | — L — — — — | More peculiar | — D — — — — |

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Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

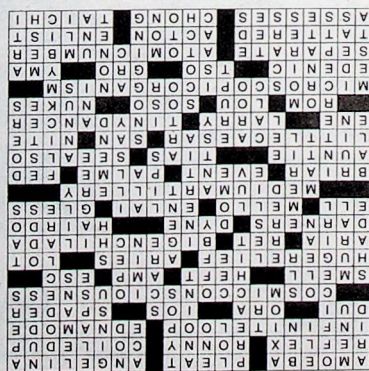
DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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Super Crossword

Answers

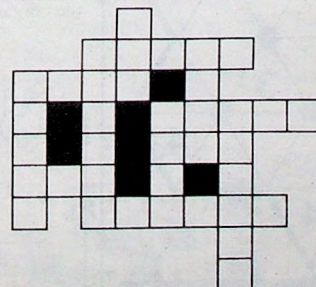


Even Exchange answers

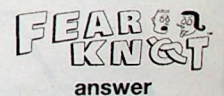
1. Little, Letter
2. Tease, Tense
3. Resign, Design
4. Camper, Casper
5. Tower, Towel
6. Saucer, Saddle
7. Appear, Appeal
8. Match, March
9. Weld, Yield
10. Older, Odder



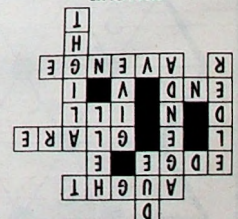
- LIL
GEEVAN
GATUH
♥ DEEG
DEAGAN
EUD
VGEI
DREEL
♥ NDE
HAGTIL
♥ EGRAL
LHLE



Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥ RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.

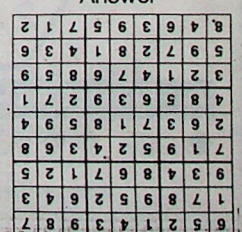


answer



Weekly SUDOKU

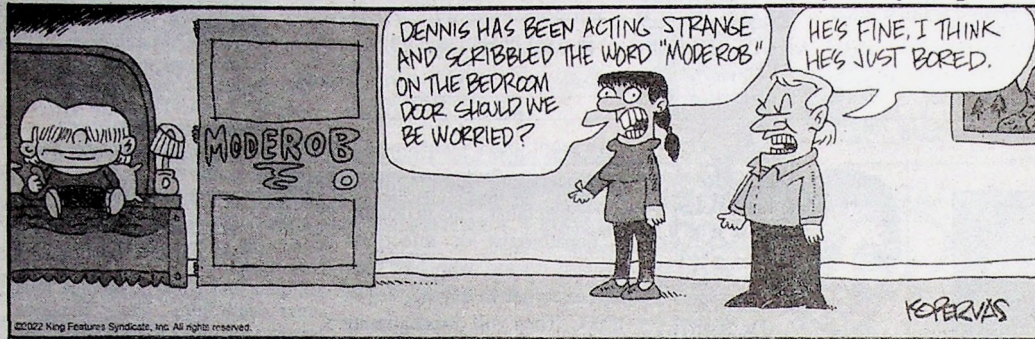
Answer



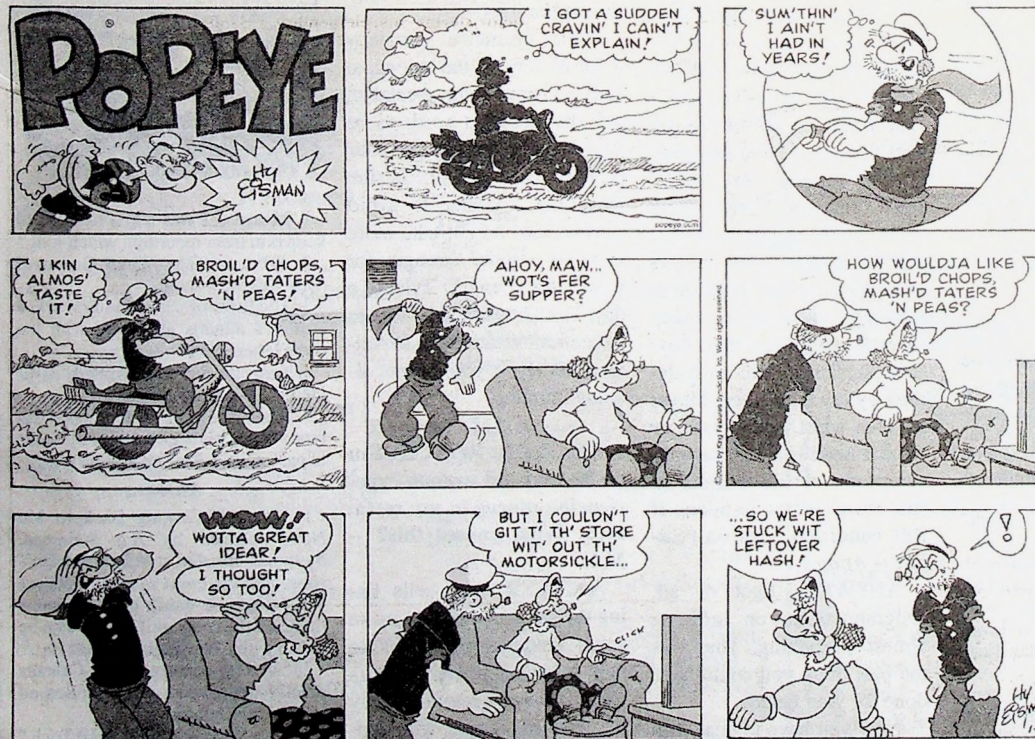
Amber Waves



Out on a Limb



R.F.D.



SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Glass
REBAKE

Larger
REAGRET

Sugar
COASTEL

Natural
ANNIE

TODAY'S WORD

Conceptis Hitori

Each puzzle consists of a square grid with numbers appearing in all squares. The object is to shade squares so:

1	5	3	1	2
5	4	1	3	4
3	4	3	1	5
4	4	2	3	3
2	1	5	4	4

- No number appears in a row or column more than once.
- Shaded (black) squares do not touch each other vertically or horizontally.
- When completed, all un-shaded (white) squares create a single continuous area.

4	1	6	4	4	4	5
4	7	5	6	7	3	1
6	7	4	5	6	1	2
5	7	2	7	6	7	3
2	4	1	5	2	7	3
2	6	3	3	3	5	7
2	5	3	4	1	4	6



Training Your Cat May Save Its Life

DEAR PAW'S CORNER: Is it possible to teach a cat to come when you call? I have a 2-year-old gray cat, Billy, who sometimes gets past my feet and runs out the door. I worry that he will get run over by a car or attacked by a coyote. He will look at me when I call, but that is it. — Kelly in Fort Myers, Florida

DEAR KELLY: You can teach cats to respond to certain commands, and calling them is one of those commands. I know that Billy can learn to do it, because he clearly recognizes your voice. He just doesn't see the value in returning to you right away. So it's important to help Billy "see" the value in returning when you call! You do this through training that uses positive reinforcement — a favorite treat or food. Here's how:

- Come up with a noise that you can make just before Billy gets a treat or dinner. A whistle, a clucking noise, even a little song.
- Just before you open his can of food or treat bag, make that noise. Do it at every feeding and treat time.
- Set aside five minutes, twice a day, for reinforcement training.
- During training, make the noise, wait for Billy to respond, then give him a treat. Back up a couple of feet and repeat.
- Gradually increase the distance during each session until Billy comes running when you call.
- Once Billy associates that specific noise with a reward, he'll come back every time you call. Make sure to always reward him when he comes, even if it's just lots of praise. He'll be far less likely to stay out if he escapes, and you'll have much greater peace of mind. You can learn this technique: <https://www.rd.com/list/how-to-train-a-cat/>.

Send your tips, comments or questions to ask@pawscorner.com.

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TOP TEN VIDEO, DVD
for release week of
February 7, 2022

Video On Demand

- No Time to Die (PG-13) Daniel Craig
- Clifford the Big Red Dog (PG) Darby Camp
- Halloween Kills (R) Jamie Lee Curtis
- Venom: Let There Be Carnage (PG-13) Tom Hardy
- Sing 2 (PG) animated
- King Richard (PG-13) Will Smith
- The Commando (R) Mickey Rourke
- The Many Saints of Newark (R) Alessandro Nivola
- American Siege (R) Bruce Willis
- Free Guy (PG-13) Ryan Reynolds

DVD, Blu-ray Sales

- Dune: Part One (PG-13) Warner
- Halloween Kills (R) Universal
- The Addams Family 2 (PG) Universal/MGM
- No Time to Die (PG-13) Universal/MGM
- Venom: Let There Be Carnage (PG-13) Sony Pictures
- Last Night in Soho (R) Universal
- Shang-Chi and the Legend of the Ten Rings (PG-13) Disney/Marvel
- F9: The Fast Saga (PG-13) Universal
- Jungle Cruise (PG-13) Disney
- Cry Macho (PG-13) Warner

Source: Comscore/
Media Play News

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Hitori

9	1	4	1	4	2
5	3	3	3	9	2
3	2	7	2	4	2
3	7	9	2	7	5
1	2	9	4	5	9
4	7	5	9	7	3
4	1	6	4	4	5

SCRAMBLERS

solution

TALKING
Today's Word

- Beaker
- Greater
- Lactose
- Inmate

"Ethel and I were not through

MORE FUN



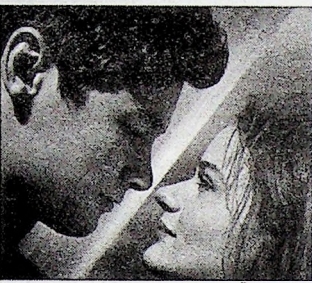
The Tinder Swindler — If you're the type of viewer who often yells at the television "Gimrrrl, you in trouble now!", then buckle up for this one! This true crime documentary follows the intricately woven story of multiple women who all fell for the same man they met on the dating app Tinder. After much wooing, globetrotting, wining and dining came the sudden desperate demands for thousands of dollars as Mr. Wonderful claimed to be in dire danger for his life. After some of the conned women eventually find each other, they pool their collective anger and seek revenge on the playboy shyster. (Netflix)

Backyard Bar Wars — Ever since "This Old House," Americans have been in a decades-long love affair with home renovation shows. This latest offering to the genre is hosted by comedian Chris Distefano (formerly of MTV's "Guy Code") and originally aired on TruTV, but is now in wider distribution. In it, two homeowners compete against each other for bragging rights based on who can create the dopest home pub in one week. The fun and sometimes over-the-top designs are a nice change from the ship-lap-heavy, neutral-grey-everything of so many other reno shows. (HBOMax)

Book of Love (PG-13) — Man writes book, book fizzles except in Mexico. Man goes to Mexico on book tour, wonders why there's such passion for his arrival. Man discovers woman hired to translate book into Spanish took creative liberties and rewrote book ("just the boring parts"). Man gets mad. Woman makes man see he didn't know what he was writing about in the first place. Man and woman may or may not then fall in love. An Amazon original movie,

the plot is an interesting twist on the themes of finding your passion in life and finding connection with people you think are all wrong for you. Starring Sam Claflin and Veronica Echegui. (Prime Video)

The New Air Force One: Flying Fortress — The current two Air Force One presidential jets having been in service for over 30 years, so updated versions are now under construction by Boeing. This NatGeo documentary allows us glimpses at the new design and all the unique features, technology, and personnel that make it the world's most secure and top-secret command center. (Disney+)



Joey King and Kyle Allen in "The In Between"

The In Between (PG-13) — As a former teenage girl, I can verify that teenage girls tend to think most everything is a sign. And as that former teenager, I definitely identify with main character of this supernatural romance flick. Tessa is a 16-year-old girl who survives a car crash but loses her boyfriend, Skylar, in it. Soon after physically recovering, she begins to experience unexplained feelings, movements and voices. A friend suggests these happenings are Skylar reaching out to her from some type of purgatory because he has unfinished business to complete with her. Tessa's quest to make real contact with Skylar becomes her obsession, but will it lead to final closure? Starring Joey King and Kyle Allen. Premieres Feb. 11. (Paramount+)

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Contract Bridge

RESOLVING A DIFFICULT GUESS

South dealer.

Both sides vulnerable.

NORTH

♠ K 10 3
♥ 7 2
♦ K 10 6 2
♣ J 10 9 4

WEST

♠ 8 7 6 5 2
♥ 4
♦ Q 9 5
♣ A K 6 5

EAST

♠ Q J 9
♥ Q 9 6 3
♦ J 7 4 3
♣ 8 2

SOUTH

♠ A 4
♥ A K J 10 8 5
♦ A 8
♣ Q 7 3

The bidding:

South	West	North	East
1♥	Pass	1NT	Pass
4♥			

Opening lead — king of clubs.

There are many ways a declarer can try to ferret out information that is critical to the success of his contract. Most of these are standard operating procedure on every deal, such as referring to the opposing bidding or drawing the proper inference from the opening lead. Once in a while, though, a declarer has to exercise a bit of ingenuity to find out what he needs to know.

Consider this case where South was in four hearts and West led the K-A

and another club. After ruffing the third club, East exited with the queen of spades, taken by declarer with the ace. South then cashed the ace of hearts and, after everyone followed low, had to decide what to do next.

There were two choices: He could continue with the king of hearts, hoping that East had originally held any three hearts — in which case the queen would now fall — or he could cross to dummy and take a heart finesse, in effect assuming that East had started with the Q-9-6-3.

Percentage-wise, this was a very close proposition, but South found a way to resolve the issue without resorting to guesswork. At trick six, he led a diamond to the king and then played the jack of clubs!

Without giving the matter much thought, East ruffed to prevent a discard and thus solved declarer's problem. But even if East had not ruffed, South could discard the diamond ace and then lead a trump. After East followed with the nine, it would not have been difficult to diagnose why East had refused to ruff the previous trick.

Purists might argue that an alert East who started with the 9-6-3 of hearts could lure South into going wrong by refusing to ruff the jack of clubs with the singleton nine of hearts. But since most defenders would probably not make this play, the recommended approach is superior to subjecting oneself to an outright guess.

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by Steve Becker

Puzzles4Kids

by Helene Hovanec

CODED RIDDLE

Change each letter to the one that comes immediately BEFORE it in the alphabet to find a riddle and its answer.

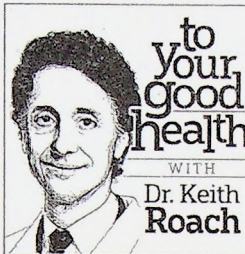
Here's a copy of the alphabet to guide you:

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

XIBU EJE UIF QJDLMF TBZ UP

JUT WBMFOUJOF?

ZPV NFBO B HSFBU EJMM UP NF.



Drug Use and Hepatitis C

DEAR DR. ROACH: I am a 35-year-old white male who was a drug addict from the age of 14 until 32. You name it, I took it. About three years ago, I quit drugs and have lived a healthy lifestyle since. I do not drink alcohol, and I smoke one or two cigarettes a day. Three years ago, I was tested for hepatitis and was told the results were negative. About two weeks ago, I was tested and found to have hepatitis C. The results were "HCV RNA Quantitative real time PCR 8010 (high) and log 3.90 (high)." These results were given to me by a nurse without explanation other than to see a specialist. Further physician visits were denied by my insurance. I have no idea what this means, or what I need to do. I have no symptoms or discomfort at this time. What happens if this condition goes untreated? -- Anon.

ANSWER: First of all, congratulations on quitting almost everything. That was the best thing you could have done for your health.

Now you have to deal with a complication of drug use, particularly injection drug use: hepatitis C. Hepatitis C is a slow-acting virus that affects the liver. The course of hepatitis C is variable. Some people have a very aggressive virus, which without treatment can cause permanent liver damage, ultimately leading to cirrhosis and sometimes cancer of the liver. Others have a much more benign course with no evidence of liver damage, even after many years with the virus.

Your viral load, a measure of how much virus is in the

blood, is fairly low. However, you absolutely should still go see a specialist. This is usually a hepatologist or infectious disease doctor, who has special expertise in treating hepatitis C. They will do additional blood testing, and probably a noninvasive scan of the liver to look for fibrosis, to determine whether there has been damage and the urgency of treatment.

Treatment for hepatitis C is so good now (97% or more effective) and the side effects of the new drugs are so mild that most experts treat someone with even very benign disease. Treatment courses are sometimes shorter for people with mild disease and without scarring of the liver.

Your insurance company is absolutely in the wrong to deny a visit with the specialist, and that decision needs to be appealed, preferably by your primary care doctor. In the meantime, continue to avoid alcohol, and do not take more than six regular strength (or four extra strength) Tylenol a day. You also should be sure to have immunizations to hepatitis A and B, if you are not already immune.

DEAR DR. ROACH: I'm an 82-year-old woman experiencing mucus in my rectal area. What causes this? -- M.C.

ANSWER: The cells lining the rectum normally make small amounts of mucus to help a bowel movement pass easily. Large amounts may be seen in people with irritable bowel syndrome, rectal fissures or prolapse, or a rectal ulcer, among others. This is something to discuss with your doctor the next time you visit. An exam will be able to identify most of the serious causes.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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Comfort foods

Made fast and healthy



by Healthy Exchanges

Sweet Fruit Focaccia

Wow! You mean THIS started with a can of biscuits!? It sure did — but it doesn't look or taste like it. Pairs perfectly with your morning coffee or as an afternoon pick-me-up at tea time.

- 2 tablespoons fat-free milk
- Sugar substitute to equal 2 tablespoons sugar
- 1/4 teaspoon ground cinnamon
- 1 (7.5-ounce) package refrigerated buttermilk biscuits
- 1/4 cup apricot spreadable fruit
- 1/4 cup raisins
- 1/4 cup chopped pecans

1. Preheat oven to 450 F. Spray a 9-inch pie plate with butter-flavored cooking spray.

2. In a small bowl, combine milk, sugar substitute and cinnamon. Separate biscuits. Dip each biscuit into milk mixture, then arrange in prepared pie plate. Drizzle any remaining milk mixture evenly over top of biscuits.

3. Gently stir spreadable fruit to soften, then evenly spread over biscuit tops. Sprinkle raisins and pecans evenly over all.

4. Bake for 10 to 12 minutes. Place pie plate on a wire rack and let set for at least 15 minutes. Cut into 6 wedges. Serves 6.

• Each serving equals: 199 calories, 7g fat, 3g protein, 31g carb., 360mg sodium, 1g fiber; Diabetic Exchanges: 1 Starch, 1 Fruit, 1 Fat.

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1. Meat Loaf was taken to court to keep him from recording which song?
2. What is "The Witch Queen of New Orleans" about?
3. The titles of six of the first seven America albums all began with the same letter. What was it?
4. Name the duo that released "River Deep — Mountain High."
5. Name the song that contains this lyric: "Well, it's been building up inside of me for, oh, I don't know how long."

Answers

1. "It's All Coming Back to Me Now," penned by Jim Steinman. Steinman insisted it was a woman's song, and the court agreed, blocking Meat Loaf. He didn't get the chance to record the song until 2006, when he did so with a Norwegian singer.
2. A 19th-century New Orleans practitioner of voodoo. It was released in 1971 by Redbone.
3. H, for "Homecoming," "Hat Trick," "Holiday," "Hearts," "Hideaway" and "Harbor," from 1972 to 1977.
4. Ike and Tina Turner, in 1966.
5. "Don't Worry Baby," by the Beach Boys in 1964. Songwriter Brian Wilson later said he considered having the Ronettes record the song. But that never happened because Phil Spector (the Ronettes' producer) hadn't written the song.

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Puzzles4Kids

Answer

You mean a great dill to me.
What did the pickle say to its Valentine?

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PERSONAL

IN LOVING MEMORY OF
Eileen C. Menz
Feb. 14, 2021
With my love,
your brother-in-law
Doug ^{2/10}

THE MIRACLE PRAYER

Dear Heart of Jesus, in the past, I have asked for many favors. This time, I ask you this very special favor (mention favor). Take it dear Heart of Jesus, and place it within your own broken heart where your father sees it. Then in his merciful eyes it will become your favor, not mine. Amen.

Say this prayer for 3 days, promise publication and favor will be granted, no matter how impossible. Never known to fail. E.K. ^{2/17}

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PERSONAL

**Happy Valentine's
Day
to Jackie McDonald
From your
Secret Admirer** ^{2/10}

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ST. ANTHONY, ST. JOSEPH,
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PERSONAL

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Emma McGillicuddy (Sacred
Heart Univ.) & Julia
McGillicuddy (Fairfield Univ.)
for making the Dean's List! ^{2/10}

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'Tree Equity' Panel To Highlight Leafiest, Least Leafy Neighborhoods

Learn How Maps Of Tree Canopy Coverage Are Made, Why They Matter At Online Discussion Feb. 15

By QUINCY

TREE ALLIANCE

Urban trees provide economic, social, environmental, and health benefits, but how do we ensure every community has the canopy they need? Join the Quincy Tree Alliance and the Thomas Crane Public Library for an online discussion on tree equity on Tuesday, Feb. 15 at 7 p.m.

Molly Henry, senior manager of climate and health at American Forests, will introduce the national Tree Equity Score Explorer tool that her organization developed for every urbanized area in the country. The tool shows that wealthier neighborhoods are often significantly leafier than poorer neighborhoods with more people of color. For example, about 50 percent of Boston's West Roxbury neighborhood is shaded by trees, while that figure is less than 10 percent for East

Boston. Henry will also go over Quincy's canopy maps (one appears on this page at right).

David Meshoulam, executive director of Speak for the Trees, Boston, will discuss his organization's work on tree equity at the local level in Boston.

"There are two sides to that tree equity equation," he says. "One is who has access to trees and the benefits that trees provide. The other, that we're working towards, is who has access to those workforce jobs in tree care. The work has to come from the community, for the community, by the community. A tree is not something that you plant and walk away from."

Meshoulam will also briefly discuss legislation now being considered at the statehouse aimed at planting trees in the places that need it most, with the aim of reaching 60 percent tree

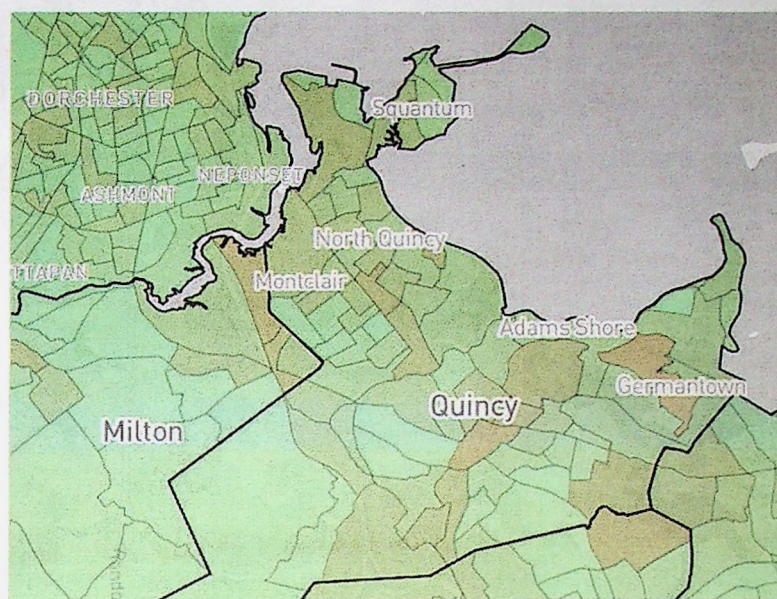
canopy cover in Massachusetts cities and towns.

Finally, Quincy's tree warden, Chris Hayward, will discuss new initiatives aimed at increasing the canopy coverage and tree equity here. One is a plan to offer reduced-cost tree plantings in the front yards of Quincy residents, and the other is a plan to get citizens involved in inventorying the trees here, which will help determine where new plantings are needed.

"The inventory, when it's completed, will be a huge tool," says Hayward.

After short presentations, speakers will take questions from participants. To join the event, go to <https://bit.ly/qtaequity> on Feb. 15 at 7 p.m., or dial (646) 558-8656 and enter meeting ID 838 7285 6404. You can also watch the event, either live or after the fact, at <https://www.youtube.com/c/ThomasCranePublicLibrary>.

Quincy Tree Alliance is a volunteer group that works to sustain and expand our city's tree canopy. To learn more, visit quincytrealliance.com or email quincytrealliance@gmail.com.



BROWN AREAS are less leafy than green areas in tree equity maps like this one.

Image Courtesy American Forests

BBB: Tips For Choosing A Tax Preparer; Filing Deadline April 18

Cont'd From Page 2

BBB.org, paying careful attention to other consum-

ers' reviews or complaint details. This will give you a clear view about what you can expect.

• **Think about availability.** If the IRS finds errors in your tax forms or decides to perform an audit, will your tax preparer be available to help you with the details? Find out whether you can contact the tax preparer all year long or only during tax season.

• **Ask about fees ahead of time.** Before you agree to any services, read contracts carefully and understand how much the tax preparer charges for their services.

Ask about extra fees for e-filing state, federal, and local returns, as well as fees for any unexpected complications.

• **If things don't add up, find someone else.** If a tax preparer can't verify their credentials, has a record of bad reviews from previous clients, or their business practices don't seem convincing, don't do business with them. Keep in mind that if you hire them, this individual will handle your sensitive personal information – information you need to keep safe from corrupt or fraudulent tax preparers.

Three Quincy Students On Quinnipiac University Dean's List

Three students from Quincy have been named to the Dean's List for the fall semester at Quinnipiac Uni-

versity in Hamden, CT. They are: Lauren Manning, Erik Mayo and Ryan Quirk.

Madeline Gray On Providence Dean's List

Madeline Gray has been named to the Dean's List for the fall semester at Providence College.

She is the daughter of Morgan and Joanne Gray of Milton.



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Tree Equity

Wednesday, February 15 at 7 PM

Quincy Tree Alliance